



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

Read below for this quarter's **Q&A**, an introduction to **Tantric Sensuality** and a limited time offer to purchase our **NEW Become Passion, educational CD series**. Enjoy! And till next time... keep the passion alive!

"It is the Passion in a kiss that gives to it its sweetness; it is the affection in a kiss that sanctifies it" - C.N. Bovee

SPECIAL OFFER: Save \$200

Dr. Cheryl's HOME STUDY program: the **Become Passion CD series** is coming soon!



This CD Program, **Creating Long Lasting Passion: A Relationship system for creating Intimacy, Thrill and Sensuality that last a lifetime** will be ready for shipment later this year.

This information audio CD program is packed with over 8 hours of Dr. Cheryl's Passion teachings, exercises, and relationship strategies based on her groundbreaking Awakened Lover weekend seminars.

You can pre-order your copy today by visiting www.becomepassion.com and clicking on the pre-order button on the home page.

Special Limited Time Offer:

Order before October 15th and save 50% off the regular price. Simply place your order and type in the promotional code word: **metta** (a Buddhist word, meaning loving kindness) to get your copy for only \$199 (regularly priced at \$399). You'll save \$200! Pre-order today and your copy will be shipped later this fall!

"Those who danced were thought to be quite insane by those who could not hear the music" -Angela Monet

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"Is sex dirty? Only if it's done right" -Woody Allen

Dr. Cheryl in the media & other exciting projects:

If you have a radio, you may have heard Dr. Cheryl featured on **CBC Radio** across the country this summer from Halifax to Yellowknife.

Dr. Cheryl has been a frequent guest on **The Buzz of Vancouver** commenting on sexual topics, and she discussed Enlightened Relationships and the Power of Now with Richard Greene on his **Air America show Clout** <http://airamerica.com/clout/>

Look for the upcoming issue of **Zoomer** magazine for an article on How to Jumpstart Libido After 45 featuring Dr. Cheryl.

And check out the new

The topics and opinions in this newsletter are presented for education and entertainment only, and do not constitute advice or therapy.

TANTRA: A Beginner's Guide



What is Tantric Sensuality? It is a type of spiritual sensuality, with roots in ancient Indian and Tibetan practices. The Sanskrit word Tantra means "to weave", and we can think of this weaving as a mindful, focused layering of breath, bodies and energy. In terms of our own sexual lives, exploring Tantric practices can bring many benefits including:

- increased focus on our senses which heightens intensity, enlivens touch, taste, scent, sound and can make the whole lovemaking experience more pleasurable;
- additional focus on breathing to allow us to share life energy in a new way and feel a far deeper connection with our partner;
- enhanced control over our sexual response that can allow us to delay orgasms to create longer lasting lovemaking encounters that may include extended and multiple orgasms;
- holding intense eye contact to create and reveal a depth of intimacy and vulnerability that allows us to dissolve the sense of Me or I into a sense of melting into the infinite, together.

It is in this manner that Tantric practices are used to bring the lovers to Enlightenment, or union with God.

How to begin practicing Tantra

Sit facing your partner and begin to gaze into each others' eyes. Then focus on your partner's left eye. Breathe at a gentle, relaxed pace as you gaze deeply into each others eyes without speaking. Then allow your breathing to synchronize, breathing in together, pausing, then releasing breath together.

Next reach out and touch each other on the wrist. Holding eye contact and continuing to synchronize breath, explore the sensation of fingertips on wrist. Now spend some time focusing on this simple sensation, and really experience the amount of sensual pleasure in it. It is possible to develop your sensorium to the point where this touch can produce a full-body orgasm.

Now, what if you follow these steps while in sexual union, facing each other, either sitting or laying on your sides? Explore, and remember... it is the journey that holds the treasures, not the destination.

website

www.justthefactsbaby.com

for Dr. Cheryl's advice on sexuality and parenthood.

And... coming in 2009:
Become Passion, The Book.
It is underway!

Join Our Mailing List!

For more information on these and other Passion exercises, order Dr. Cheryl's upcoming CD series

"Someday, after mastering the winds, tides and gravity, we shall harness for God the energies of sexual love. Then, for the second time in history, we shall have discovered fire!" -de Chardin

"Love is what we were born with. Fear is what we learned here"
-Williamson



Question & Answer

Q: Dear Dr. Cheryl,

I am just back in the dating scene after finishing a divorce a year ago. I am dating a wonderful person, but he is definitely not my soulmate. He is kind, attractive, great with my son, and he treats me like I am the most special woman in the world, but I can't shake the feeling that my true love is still out there somewhere. Should I break up with Mr. Lovely?
-Confused.

A: Dear Confused,

First, Kill the Soulmate. Really. Your belief in a fictional soulmate is ruining your relationship with your actual mate. There is no one person who is right for us, and the persistent belief in that idea causes most of our relationship ills. Instead, work on your top 10 list.

What are the 10 most important qualities you need or want in your partner? Now, when you have your list, you also have your soulmate template. The problem is, no one person can fulfill all 10. But there are many wonderful mates with whom you can be deeply in love who will have 7 or 8 of your top 10 (and you won't have all of their top10, by the way!)

I already know Mr. Lovely has four of your top qualities, because you've told me so. Take another look, and be aware you may be frightened to love again after the pain of a divorce, and you may be using the soulmate excuse to protect your heart. And really, where does that get us? Protected, and lonely... Take a risk!

For more on how to Kill the Soulmate and Save Your Relationship look for Dr. Cheryl's first book, coming next year!

"If there is no Passion in your life, Then have you really lived? Find your passion, whatever it may be. Become it, and let it become you and you will find great things happen FOR you, To you, and BECAUSE of you" -nhsalan

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

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

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