



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

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 like pi - natural, irrational, and very important"
- Lisa Hoffman**

Dr. Cheryl's Passion Tips For Summer!



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?

Take a summer weekend just for the two of you. Disconnect from all communications, tasks and routines and reconnect with each other.

Turn sunscreen application into an erotic massage. Have a long,

In This Issue

Passion Tips

Question & Answer

Dr. Cheryl's Summer Passion Reading List

· For Yourself: *The Fulfillment of Female Sexuality* by Lonnie Garfield Barbach - a classic book on female orgasm, masturbation, and becoming free in your sexual attitudes

· *The Multi-Orgasmic Man* by Mantak Chia and Douglas Abrams - Taoist Tantra practices by a master

· *The Art of Loving* by Erich Fromm - perhaps the most beautiful treatise on what it truly means to be a loving being

· *The Time Traveller's Wife* by Audrey Niffenegger - a provocative novel

lingering dinner conversation over sensual foods on a patio. Ask each other five questions (e.g., "honey, if you had six months with no obligations and unlimited funds, what would you do?" Or "what is one of your favourite memories of the two of us making love?") and allow yourself to be surprised by who your partner is *these days*.

Your Lover has not become boring, but you may have stopped being interested. Rediscover him or her. Go listen to music outdoors, and dance barefoot. Find a swingset. In other words, lighten up and remember how to play together; refresh your Lover life.

"Anyone can be passionate, but it takes real lovers to be silly"
- Rose Bachen



Question & Answer

Q: Dear Dr. Cheryl,

I am a woman in my 40's, and I consider myself fairly passionate and open-minded. However, I find that I am reluctant to masturbate, and that when I do I feel guilty and sad afterward, despite "knowing" that this is a positive aspect of my sexual life. Is this shame normal?

- Signed *Don't Touch*.

A: Dear Don't Touch,

Please, DO touch! Sadly, in our so-called sexually liberated culture, masturbation remains a topic that is all too often associated with confusion and difficulties. Many children are still scolded or punished for touching their genitals (see my latest Parents Canada column for more about that topic), and even sexually sophisticated adults report lingering negative feelings about solo loving. Somehow we have turned a healthy, loving, pleasurable act into something negative. It is time to turn this around to the positive, and remind ourselves that masturbation is also a wonderful way to develop sexual skills such as extended orgasm for men and multiple orgasm for women.

"The loving are the daring" - Bayard Taylor

Marriage Myths

that explores what love and loyalty mean

- Anything by *Terry Pratchett* - because we all need to lighten up, and his books are the funniest thing I've read in years

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"The secret is that Sex is Freedom; it has that in common with Love"

- Deepak Chopra, *The Kama Sutra*

Dr. Cheryl in the media/what we are up to:

Check out Dr. Cheryl on the new lifestyle blog Dabbler.ca. Beginning July 20th.

Dabbler will feature a weekly video interview with Dr. Cheryl every Friday, on topics related to relationships, sexuality and psychology. Go to Dabbler's homepage, then click on Dr. Cheryl in the topics

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 #2 - Not in the mood?

This myth is a killer.

"I'm not in the mood" means it's all over for today...wrong!

The number one sexual complaint couples have is "one of us feels more amorous than the other...what should we do?" The problem here is in your head. What I mean by that is...Partner A approaches, feeling frisky...but partner B is in the middle of balancing the chequebook and a little afternoon delight is the last thing on their mind, and they say "I'm not in the mood". Of COURSE partner B isn't in the mood, they are Banking! And even accountants don't find that sexy. But here is the big problem...the buck (ahem) stops there. Game over. Partner A feels rejected and annoyed, partner B feels pressured and annoyed. Yikes, not a good recipe for lovin'. Solution? Never say "I'm not in the mood" again. If your partner approached you while you were with the chequebook and said "hey, do you feel like going to a movie or for a hike tonight" you wouldn't shut him or her down with "I'm not in the mood" you'd say "hmmm, I'm not sure right now, let's see." So from now on, say "hmm, I'm not sure right now, let's see" Then finish your tasks, create some time to focus on each other, start with a foot rub, and ALLOW the mood to develop. Believe me, it's worth it.

"A kiss is a lovely trick designed by nature to stop speech when words become superfluous. "

-Ingrid Bergman

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

list on the right of the page.

Dr. Cheryl writes a regular Passion Coach column for the new **Parents Canada magazine**, available at Chapters. The summer issue, currently on the newsstands, has her column on How to speak to your kids about Sex.

Stay tuned to upcoming newsletter for information about **Become Passion, The Book**. Dr. Cheryl is writing it now.

Many of you are asking "when is the next Awakened Lover weekend?" Compassionate Ventures is holding our fall programming summit in early September, and we will be announcing our slate of **programs and events for Fall and Winter** soon. Currently we are looking at holding weekends and Passion intensives in B.C., Alberta, and California. If you are interested is pre-registering at an early bird rate, contact info@becomepassion.com

Join Our Mailing List!

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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