



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 Valentine's day passion tips, an article on female sexual desire, and this month's Question and Answer. Enjoy and till next time... keep the passion alive!

"Being deeply loved by someone gives you strength; loving someone deeply gives you courage."

- Lao-Tzu

Dr. Cheryl's Passion Tips



"Sometimes your nearness takes my breath away; and all the things I want to say can find no voice. Then, in silence, I can only hope my eyes will speak my heart." *Robert Sexton

Valentines Day Made Simple

Okay, it is easy to bash a Hallmark holiday and ignore February 14th altogether. But what about taking a different view this year? Make Valentines Day a reminder to wake up and appreciate your sweetie. We all know it is easy to get busy and "forget" to plan for Passion. Well on Valentines Day, you have no excuse. Here are my top five recommendations for Valentines Delights that cost no money, and do not require leaving the house. All you need is the gift of interest, and time.

1. Create an erotic massage experience in your bedroom. Attend to all the senses, and provide sensual music, beautiful lighting, aromatic oils, some chocolate strawberries to nibble, and of course, touch. No skill required, just enthusiasm, two hands, and a tongue.
2. Write him/her an erotic story. No, really! Take the risk to share a fantasy and allow your spicy, dark sensual side out.
3. Recreate your first date, but let each other know what you were privately thinking. Tell your partner what attracted you, how you waited for their call, what the first kiss was like...

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

Join Dr. Cheryl for a sensual night of tasting delicious B. C. Wines, enjoying delightful Purdy's Chocolates, and playful lessons in Passion with Dr. Cheryl. Presented by Science World After Dark, this adults only event is on **February 9th, 2008.**

Get your tickets at:

www.scienceworld.ca

Finally! What you've been waiting for! **Upcoming CD Release: Dr. Cheryl's Become Passion Relationship Workshop CD set.** Stay tuned for more information!

Listen to **CBC radio** on Mondays in February for Dr. Cheryl's Passion Pointers in the Dating Diana radio column.

Check out **Glow magazine** for Dr. Cheryl's tips on What makes a Great Lover.

4. Turn off the phone, put on some music, and dance, slowly. Increase the intimacy by deep gaze eye contact. Then breathe in and out in synchrony. Hey, you are now beginning a Tantric practice, and you didn't even know it! Then kiss for at least an hour.

5. Don't criticize your sweetie for what they did or didn't do "right" on Valentines Day. Focus on giving, not receiving, and don't let YOUR expectations make YOU miserable. Enjoy!

**"If you judge people, you have no time to love them."
*Mother Theresa**

"To fear love is to fear life, and those who fear life are already three parts dead." - Bertrand Russell



Question & Answer

Q: Dear Dr. Cheryl,

I've read that 30% of women want more sex than their husbands. I'm one of those. How can I get more action? *Signed Action*

A: Dear Action,

Well, have you tried the direct approach? Walk up behind your hubbie when he is sitting on the couch and rub his shoulders. Then, come around front and kneel down and unzip. Rather than talking about how you are hot for him and complaining that you need more lovin', simply take the bull by the horns, so to speak. Take action to get action. Enjoy!

**"It is only with the heart that one can see rightly; what is essential is invisible to the eye."
-Antoine de Saint-Exupery**

The Anatomy of (her) Desire

It has become a punch line: "not tonight dear, I have a headache". Low sexual desire in women is the most frequent referral issue that brings couples to a sex therapists office. But what is the anatomy of desire? Where did your mojo go, and can you ever get it back? Think of desire as having three main components. There is the physical/biological urge for sex, the intimacy/chemistry that allows you to feel close to or attracted to your partner, and the erotic mood or frame of mind. With such a complex mix of factors leading to the experience of desire, it is

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**"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."
-Helen Keller"**

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not surprising that there are multiple possible causes for Low Sexual Desire.

In the physical realm, desire can be affected by hormonal fluctuations (including pregnancy and menopause), illness, depression, metabolic issues, medications and alcohol. Another common physical cause of low desire is fatigue, particularly in busy moms...come bedtime, it may seem impossible to find desire for anything other than sleep. Or sex may be physically unsatisfying; one third of women rarely or never experience orgasm, and this can decrease their interest in sex. (no kidding!) Luckily all women can become orgasmic with the right information and stimulation.

In terms of intimacy, there can be fear of the depth connection and the psychological vulnerability that comes with love making, or discomfort with being the full focus of attention. Women are often submerged in the needs of others, and it can feel unfamiliar and even threatening to receive pleasure and attention, instead of giving it. And what about if you have been arguing with your spouse a lot lately? Of course conflict in the relationship and unresolved hurt or anger are major sexual buzz-killers for women. If there has been previous discord in the couple's sexual life she may anticipate that the sexual encounter may not go well, and that leads to avoiding sex altogether.

As for the erotic frame of mind, it is true that this part of being in the mood is "all in your head". If your mind starts to resist sexual desire, the body will tend to shut down the arousal process. Negative sexual head trips may stem from early messages about sex such as "nice girls don't", or hurtful sexual experiences that interfere with mental desire. There may be a lack of attraction to or chemistry with your partner. Most commonly, however, there is simply a mental laziness about making lovemaking a priority. This resistance to allowing desire the space to grow into physical arousal (a.k.a, horniness) puts a stop sign on your path toward Passion. But worry not, you can fix your head, and spend more time in bed.

"Let him kiss me with the kisses of his mouth: for thy love is better than wine." - Song of Solomon

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

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*

