

Relationship fuel

Tuning-in
practices to
fuel the flame
of your intimate
relationship.

How often do you create the space and time to enhance or deepen your connection?

It is so easy to get lost in the daily madness and let your relationship slip. Here, I have put together a list of 15 practices that are a sure fire way to rebuild connection.

All practices lovingly road-tested on my husband. (thanks honey)

NB: Pick and choose what feels right for you in your relationship, use them in your own way, try one then come back and try another or choose one a night for 2 weeks and see how you feel by the end. Also there is no pressure to do any of them, no guilt if you don't, no failure here. If it feels right and it happens effortlessly then it is for you.

1. Commit to now

Committing to each other for life is the most romantic gesture. But once the honeymoon is over, whether you love the idea of "til death do us part" or not, it can sometimes feel more like a downward pressure on your sense of selfhood & freedom.

So try this:

Commit to now.

I (your name) _____ commit to being with you (your partner's name) _____ fully and deeply in this moment right here.

I let you be **all** the man/woman I need right now.

I don't know about you, but for me, after saying these words my man seemed all the more masculine and attractive. It feels amazing to let him be my all and it also feels great to embody the idea that you are all the woman he/she needs right now. Pretty sexy right?

For me, this commitment kind of dissolves the need for perfection in its tracks.

I hope it does the same for you.

2. 10 minute a day date

Make a date every day with your partner and keep it. Make it sacred.

Put it in your diary

Turn off your screens

Turn the TV on for the kids

Find a quiet space and sit together

Ask about each other's day

Have a wind down (talk about whatever)

Have a cuppa and some space just to be together

If this is impossible be flexible & creative, try skype, text or other ways to commit to this time every day.

3. Q&A

Some questions to ask and answer with your partner that take you deeper and bring you closer.

- How do you want to feel? (Find your Core Desired Feelings – those feelings you want to feel more than any others)
 - in life
 - in this relationship?
- What do you admire in your partner?
- What are your fears (in life / in love)?
- What are your dreams (in life / in love)?
- What are you grateful for in your partner?
- What roles and archetypes of your partner's turn you on?
the business man, family guy, the leader, the lover, the handyman, the sportsman,
the comedian, the player, the healer, **the guru**, the action man, the strong one
the carer, the housewife, the mother, **the sex goddess**, the soul woman, the intuitive,
the magician, the gentle one, the creative, the power woman, the feminist, the activist, the earth
goddess, **the wild child**, the rebel, **the cavewoman**, the witch, the dominatrix etc.

4. Eye gazing

Look into each other's eyes and hold your gaze for 5 minutes.

(you can start in smaller increments and build up)

An alternative or an additional connection is to hold hands or put your hand over your partner's heart while you do this

This is about communicating without words and tuning in to your partner's energy, rhythm and general state, so it is strictly a no talking exercise.

5. From your shoes

Finish this sentence for each other and see where it leads you;

"I understand that you must feel _____ because _____"

6. Courageous Q: (inspired by The Queen's Code)

Is there anything that you need in this relationship that you are not getting?

How can I provide it for you?

NB: Yes this question sounds like a scary one to ask. I felt it too. I mean what if they say yes? But it is okay, you know why, because your partner is a free agent and they are here with you by choice. And actually it is not your job to provide them with everything their heart desires. It is your job to be the most aligned and lit up radiant being for yourself and offer a happy partner to your mate. So this is not so much about you, but about you knowing and them taking responsibility for what they desire, require and lack.

Psst. See if your partner will ask this one back to you.

7. Conversation starters:

The little things you do that I love are.....

You turn me on when you.....

I love watching you.....

From the day I met you to now you have always.....

It scares me to tell you this but.....

8. Hold me

Ask each other this:

Where do you need me to hold you/ support you? Physically, emotionally, mentally, spiritually.

What can I do to hold you in that way?

This is an extremely nurturing act. I remember hearing a relationship expert explain that for her husband, all he wanted was to be "allowed" to watch Star Trek without being bothered. And he would feel even more nourished if his wife brought him a cup of tea.

For him, that was the ultimate in nurture. His wife did not realise this until she asked this question.

She thought his Star Trek watching was frivolous and useless. But for him to feel loved, supported and cared for, this gesture meant everything.

Be the love and care for this moment, for this partner, in this life. And ask this very useful question.

9. Wild and free

Ask and answer these questions with your partner:

For a moment suspend all reality, all limitations and all doubt. Now ask and answer the following:

What does the wild & free part of you look like/ act like/ feel like?

If you were wild & free;

What would you desire?

What would you do every day / for a living?

Where would you live?

What would you OWN (that special something that you have that you are keeping hidden from the world)?

What would you speak about?

How would you be?

What would you wear?

What would be your wildest sexual fantasies?

What would you be willing to try?

10. Play

Play is vital for our life-force, opening us to lightness, spontaneity and fun. So, it is time to get cheeky, playful and silly.

Psst: You might feel silly, but playfulness has a direct link to vibrant sexuality. Does that inspire you a bit more?

Sensory exploration

Put on your blindfold (if you are comfortable with that) and ask your partner to touch you, tickle you or slap you with a variety of different objects, textures, and temperatures. Use feathers, knitting needles, hand exfoliators, ribbons, sponges, orgasmatrons, scarves and whatever else you can find that tickles your fancy. Then switch so you have a turn giving them a sensory surprise.

Other ways to play

Arm wrestle, pillow fight, W/WF wrestling, Hallway balloon tennis, blindfold taste tests, word association games, strip poker, nudie runs, private dance parties, sing-a-longs. Anything fun that you can think of.

11. Gratitude

Say this to each other every night just before you go to sleep;

I am grateful for you today for.....

Your thoughts direct your reality. This will shift the way you see yourself, your partner and the world. In fact this practice could change your life. Do it for 21 days to really start effecting the default pathways of your mind.

During the day it is also really important that you do not dwell on the negative aspects or habits of your partner. Notice whether you are doing this. If you are, make a decision to either do something active about your problem OR to dwell on what you love or what you want to attract. Going over and over their misgivings is a sure fire way to fizzle out your desire and create negative energy between you.

Seeing where you are supported lets you open to love.

Check out my "grateful love" program.- 21 days to feeling more grateful in love

12. The long cuddle

Commit to a no talking, no sex, heart to heart cuddle.

This is about getting in touch with your partners subtle communication.

Feel their breathing, heart-beat, energy & love.

The less you rely on words and actions, the more you will start to pick up your partner's subtle communication, it might give you just the message you have been yearning for.

Stay there. No talking.

There is no pressure for sex. This is about connection but if this sparks a natural desire for sex in you both then why not?

13. The long kiss

When you take your leave of your partner for the day, give them a kiss that lingers on their lips and in their thoughts all day long.

After many years together it can get really easy to get into the habit of pecking on the cheek and just going through the motions.

Why not get back into a more passionate habit?

14. Low lights dance party for 2

(inspired by Susana Frioni's Love Sex Desire dance parties <http://susanafrioni.com/events/>)

Get your playlist & your partner ready

Put on your favourite dress and turn the lights down low.

Choose the first song but instead of dancing freely give yourselves some limitations. For example "you can only move your arms". At Susana's dance parties I found this took the pressure off me and my awkward dance skills as I was focussing on what I could create within those bounds instead.

Take turns to decide how you are going to dance to each track.

Some ideas are;

- Feet only – no arms
- Hands behind your back
- Looking into each other's eyes
- Back to back only
- Touching each other's bodies (cannot disconnect)
- You dance for them and vice versa
- You move their body around
- Make noises
- Ballet style / Gangsta style / Seductress / role playing
- Blindfolds

The possibilities are endless let your imagination go wild, follow your intuition and the music and have fun. Let this dance party lead you where it will. Enjoy.

15. Declaration

Create your own declaration ceremony and/or poster.

Grab pens and paper and write out a sacred agreement of what it is to be in your unique intimate union.

Here are some ideas of what you may want to include:

I ____ (your name) _____ and I ____ (your partner's name) _____ declare
that we will be _____
We will honour _____
We will continuously _____
If we are _____ we will _____

Signed _____

Here are some ideas of what you may want to include:

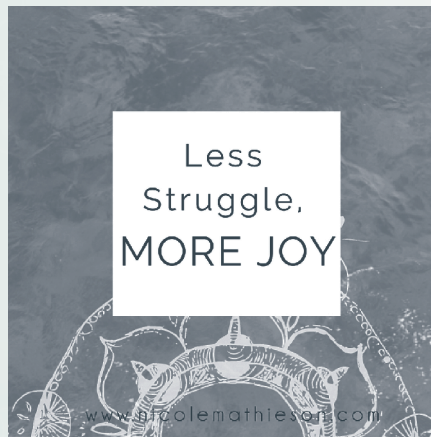
- How you will hold this space exclusively for each other?
 - How you will love and support your utmost self-realisation?
 - What is each individuals responsibility to themselves and each other?
 - What you will do when you are feeling triggered, lost or lacking desire?
 - How you will commit to fuelling the flame of this relationship fire?
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Need some relationship tools and guidance to improve your love life?
These might be for you.



Feel more loving and positive in your relationship with this 21 day guided relationship gratitude challenge

nicolemathieson.com/shop/



Feel good inside even in a hectic world.
A program to inspire pleasure, fun and joy

nicolemathieson.com/shop/



One-on-one relationship coaching for women. Revive your relationship and fall back in love

nicolemathieson.com/work-with-me/

Enjoy Her

Take really good care of yourself

Nicole xx