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## Have you ever wondered how some relationships stand the test of time?

Only half the married population stays married.. and of those, **very few** make a priority to keep it fresh, fun and exciting.

*But a loving relationship **is bliss.***

Passion, playfulness, and devotion are some of the **best** things you can experience in the whole world. Feeling understood and having a sense of real connection with another human being are some of the reasons you entered into an intimate relationship in the first place.

***Right?***

But there's also a heartbreaking depth of suffering, drama and pain that relationships can cause. Believe me, I know.

I'm willing to bet, that at some time or another, you've probably been exposed to the gory details of a divorce or devastating breakup. You might have experienced it yourself.

Even *witnessing* one up close can sabotage your current relationship.

Extraordinary relationships don't just happen all by themselves with some great chemistry. (Although that definitely helps.) There are skills you'll need to practice to expand the fun fulfillment, and growth you want. It's sad to see couples that give up too soon, settle for boring, or even worse...bland indifference and resentment in their relationships. That sucks.

I know what it's like to bring baggage *filled* with bad experiences into a current relationship. I've struggled in the past with power plays, feeling like sex was an obligation, and I've endured plenty of disempowering *abusive* scenarios that kept me wanting to protect myself at all times.

It wasn't easy to get close to me.

In my current marriage of 20 years, big life experiences like; transitions with work, moving out of state, being pregnant and having 3 children have brought plenty of opportunities for navigating change.

Many years of experience, extensive research and training in strategic coaching, marriage education, healing, astrology, tantra and cognitive behavioral therapy have taught me that there is a better way. A light went on as I discovered the correlation between these modalities and how they could be used together easily to understand the role and perspective of the beloved and make a good relationship GREAT. Awesome. Magical.

There are many secrets to relationship artistry. Here are 3.

## Secret Key # 1 Know thyself.... the rewards are great

Knowing **what** you really want and **why** you want it, are the foundations of the values that you're holding close to your heart. If anyone is going to get close to you, really *inside you*, you'll do best to have gone there **yourself!**

Take a few minutes to identify your own themes & patterns with:

- **Conflicts-** how do you typically react and respond? This includes your coping mechanisms- when you're feeling emotionally raw, angry, misunderstood or hurt
- **Acknowledging your learning style** will assist in measuring how you are creating changes and making progress ...tentatively and slow, methodically steady, a quick transition overhaul, or something in between?

- **Self care-** Are you creating time for your well-being, private interests and passions? If you don't, you'll stagnate.. and run the risk of being sick, boring, and/or resentful.

When you uncover your most important values, desires, and true needs, you can share heartfelt understanding with your partner, 'cause you're already coming from a place of fulfillment.

Do you know what you love, what's truly important to you and what you can't live without?

You better! It's so important.

If you don't know what you want , need and value how can you expect someone else to? Especially if you have high expectations. ;)

You know you're setting yourself up for relationship success when you know yourself enough to do the compassionate thing and get determined to **learn** from your own past relationship patterns, and you **love** yourself enough to take care of your well-being.

You know you want to become the best partner you can be. It enhances your personal peacefulness every day.. and elevates your relationship to **way more adventure and fun.**

## Secret Key # 2 Give to grow

When you're focusing on what you're **not** getting or feeling, there's stagnation. When you withhold your love.. **you** don't get to feel love either.

You don't want to repeat the mistakes of your past, you want to create a vision for your ideal relationship, with room to grow and experience even more!

When you can understand and empathize with your partner's emotional patterns (and your own) you get better at addressing communication breakdowns & misunderstandings before they even happen. Contemplate for a few moments or write down your answers to the following:

- How does your partner react to struggles or problems? Do they retreat and go quiet, get defensive, argumentative, or combative?
- Do you know what their personal needs for growth are? Do they have strategies for self-care or developing their interests? Do you encourage this?
- How does your partner like to communicate their love for you? Do they talk expressively, show you or buy you something, make faces or jokes? ..Or do they prefer sex, hugging or holding your hand to express their feelings?

When you have your partner's best interests at heart you give them what **they** truly need to feel safe, excited, passionate and loving too. Get this wrong and you risk misunderstandings, fights, arguments **and** they won't feel loved. Get it **right** and you have a devoted love-slave that adores you. (Just kidding about the slave part!...unless that's a part of the dynamics, then we can reinforce that too.) As an added bonus: you move past conflicts easier and faster. Stressful events and uncertain times can

actually create opportunities for building trust and even greater intimacy when you've got this down.

## **Secret Key #3 Create a culture of growth while enjoying playfulness, presence, and passion**

Understanding the first two keys sets you up to experience more kindness and self-compassion. It also prepares you for being more present and curious. Presence is one of the secrets of **euphoric** passion..and **more** multiple orgasms too. Accessing the places where pure joy lives and breathes feels so good, and allows for growth and love to flourish. Strengthen your presence through the practices that help you generate more love.. and then you've got even more to share.

You can spark passion in yourself and your lover even if it's been dormant for years.

***It can take minutes.***

Who you are at your core is related to your deepest gift to your partner. Creating the time to explore and access your core-self helps create conscious alignment so you can both go in the same direction in a unified way. When you expand your vision **together**, you both get to decide how it all gets better and better. You get what you both need in ways that are safe, easy and fulfilling.

Greater **trust** is needed for greater intimacy, and it can be fun... instead of scary.

In order for a relationship to stand the test of time there needs to be a safe space for growth in these key areas:

- Sex-
- Money-
- Inspired creativity & Work-
- Family-

Delve into these with some curiosity. How can it get better, hotter, more open and fun? Where are you now, and where do you want to be? How do you think your partner would answer? Are there any potential disagreements you can already see in any of these values? Is one of them more important than another at this time? Which do you think will become more important in the future?

You can live Consciously. You don't have to relive your old history or imitate your parent's or friends' examples. Create your own loving, beautiful example of a magical marriage. The changes will spread through generations! Do it for yourself and all the others who will learn from you.

The ultimate key to creating and experiencing an extraordinary, fulfilling relationship, however, is to first work on you: to overcome your fears, to be more of who you really are at your core, and to master the skills and disciplines that will not only transform your relationships, but the quality of

your entire life as well. When you raise your standard for what you expect from yourself, you will naturally call out the best in your partner.

By now I hope you realize how important it is to take care of yourself, explore your partner's needs and create an environment for growth and excitement.

They are all connected.

These skills can help to reduce your stress significantly, and help you both deal with conflict constructively. That's critical for being successful in ***any area of your life***. You don't have to be a part of shocking divorce statistics or have a lifeless, boring partnership where you're "just friends"...

Go ahead and get excited about the possibility of creating a long term, successful hot relationship that brings joy to everyone you two come in contact with.

If you're *already* excited, a quick no-cost assessment of your relationship, can help identify the potential trouble spots and get some simple sexy strategies you can implement right away. [Go Here.](#)



Jessamina is a marriage educator and relationship coach that's still having fun after 20 years with her husband and their 3 boys.

More on the [bio](#) here.