



SNACKS FOR BLISS

Is your partner driving you up the wall? You might be better heading to the fridge rather than googling divorce lawyers, according to a new study. Low blood sugar is bad for marital bliss as it makes spouses more prone to anger and aggression, researchers found. They gave 107 married couples voodoo dolls representing their significant other along with 51 pins. At the end each day over the three-week period, participants were asked to secretly stick pins into the dolls indicating how angry they were with their other half. At the same time their glucose levels were measured twice daily. "When they had lower blood glucose, they felt angrier and took it out on the dolls representing their spouse," said lead study author Brad Bushman of Ohio State University.

LIFE LOVE etc

Our monthly look at the world of love, friendship and sex



SEX STEREOTYPES

It's often said men have sex on the brain, but both genders overestimate how much time they spend thinking about it, a new study revealed. However, men increased the total number of sexual thoughts more than women did. Researchers cite trying to live up to gender stereotypes as a possible reason for this exaggeration.

Soul SEARCHING

"He doesn't know I'm flirting online."

Q I'm married but I've been flirting with someone online. It started off as just the odd message, but now we talk in my lunch break and most evenings. I love my husband and I know it's wrong but whenever I get an email my stomach flutters and I feel so desired. Please help.

A Steady committed relationships naturally move through different phases. Initially there is a level of excitement and high desire and as you become more familiar with each other a deepening bond of love happens, in which we can settle into a routine of normality that feels very safe and secure. Passion and arousal often fall during this phase. This sounds like the stage you are in with



JAN DAY

Jan leads workshops focused on conscious relationships and sexuality. Her teaching has a deep understanding and a warm-hearted appreciation for people's need to find and learn to trust their own journeys. janday.com



your husband. There is love and wanting to be together but the excitement has died down.

So what should you do? Looking outside your marriage gives you what you want short-term but it leaves a nasty feeling inside and even if you find a way to justify it, you're aware it's a betrayal. You wouldn't be

happy if your husband was behaving that way. You're taking something away from the relationship and you know it.

The alternative is to deepen the relationship with your husband. This requires the courage to develop more emotional intimacy together, to be more transparent about what's going on for you and share where you are vulnerable or





uncomfortable. Personally, you can turn your attention to actively loving your husband. Start seeing him as if you'd never seen him before, love the tiniest details and revel in that. You don't need to tell him that you're doing it, he'll feel it.

Share with your husband how you're missing his eagerness and that you want to find a solution together.

Try remembering things you said and did for each other that gave you the feeling of being desired – and start doing them again. Write a list of things you'd enjoy together, including new activities and sexual wishes – and let them be outside your comfort zone. Then choose some to try! Creating ways to bring focus and interest back into your relationship creates a deeper connection and means that both you and the relationship will grow. Good luck.

DID YOU KNOW?

The divorce rate in England and Wales is a fifth lower than it was in 2002, the Office for National Statistics shows

“Sex twice a week leads to higher levels of illness-fighting Immunoglobulin A, a new study suggests”

Inner Self | LOVE & SEX

The LOVE CLINIC

OUR RESIDENT LOVE GURU ON THE SEARCH FOR OUR SOUL MATE

Most of us are looking for love, intimacy and connection. However, the painful truth is that the only time we are truly connected with another human being is when we're in the womb. At this point we are surrounded by the body, energy and being of our mother. We are physically linked to her, nourished by her and protected.



MIKE LOUSADA
is a psychosexual bodyworker specialising in treating women with intimacy issues
mikelousada.com

Rude awakening

At the moment of birth we are rudely ejected from this state of, possibly, blissful union. The sense of separation can be intensely traumatic, as many who have done re-birthing work will know. Most people spend the rest of their lives trying to recapture this sense of oneness with another.

As we go through life we tend to search for someone who we imagine will complete us – otherwise known as the “magical other”. We may feel as though alone, we are not whole. If only we could find this perfect partner we would be complete. Often we project onto the other person many positive qualities and disown them in ourselves.

So we search, we find someone, we enter into a relationship with them, hopeful. We have a companion who shares our interests, joys and fears and with whom, perhaps, we can begin to open up to love. But sooner or later we begin to note that this other is not exactly the same as us. The differences begin to niggle. If only they would do it this way it would be better – if they were more like me!

The games begin

This is when power struggles can kick in. If this person doesn't do it our way, there can be a tendency to punish them, we may withdraw and turn our energy inwards... or outwards to another other.

At this point we have a choice; to continue the old games of power play and withdrawal; or to do things differently. Instead of criticising their differences, celebrate them. Rather than wishing the other would come over to our way of doing things, commend the fact that each of us does things differently. I'm not suggesting that you stay in relationships that no longer serve or honour you, but that we should be aware of these issues and act consciously.

If we can reach the point of celebrating our other for their differences, then we not only honour the differences between men and women, but something truly magical happens. An alchemical process occurs that changes the nature of our relationship. As we re-own what we have projected onto the other, we can drop into a deeper level of understanding, respect and honour for each individual. Love is what is left when we re-own our projections.