

VALENTINE'S EDITION

L & E

LOVE EDUCATION

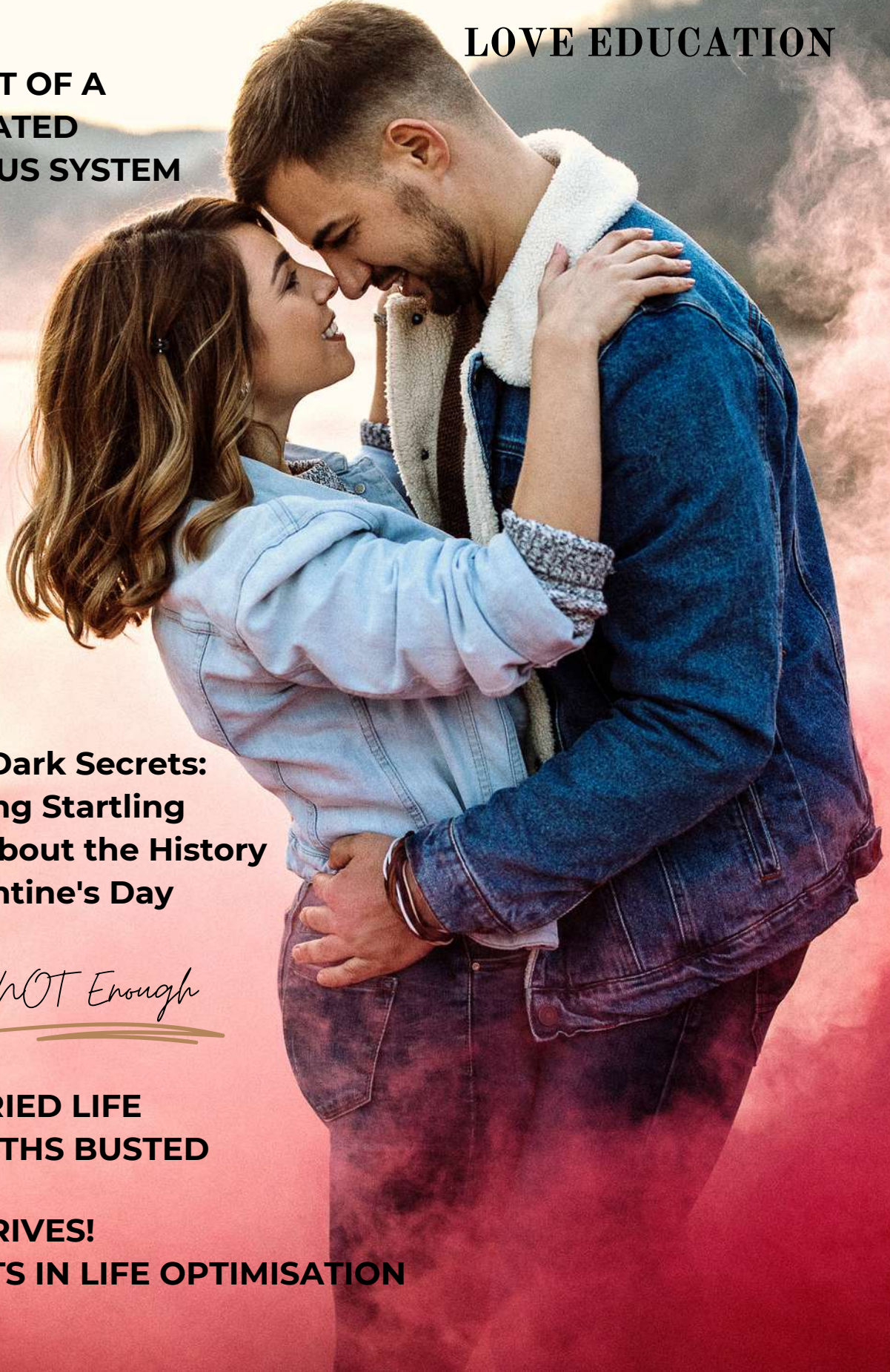
**THE ART OF A
REGULATED
NERVOUS SYSTEM**

**Love's Dark Secrets:
Unveiling Startling
Facts About the History
of Valentine's Day**

Love is NOT Enough

**6 MARRIED LIFE
SEX MYTHS BUSTED**

***she* THRIVES!
EXPERTS IN LIFE OPTIMISATION**







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A woman with voluminous, dark curly hair is smiling warmly at the camera. She is wearing a black blazer over a black top and blue denim jeans with a gold belt buckle. The background is a blurred outdoor setting.

WELCOME TO LOVE EDUCATION

In the realm of Love stories, Railey Molinario stands out as the eminent Love Educator and creative force behind L&E Magazine. Picture a modern-day cupid equipped not with arrows but with tools that nurture relationship intelligence, allowing couples to craft enduring tales of Love, resilience, and understanding.

L&E Magazine goes beyond the ordinary, transforming into a global Love letter for all. Amidst its pages, Valentine's Day transcends the typical trappings, evolving into a celebration of authentic Love—a day when true connections take the spotlight in the grand theater of emotions.



L&E LOVE EDUCATION

LOVE IS NOT ENOUGH

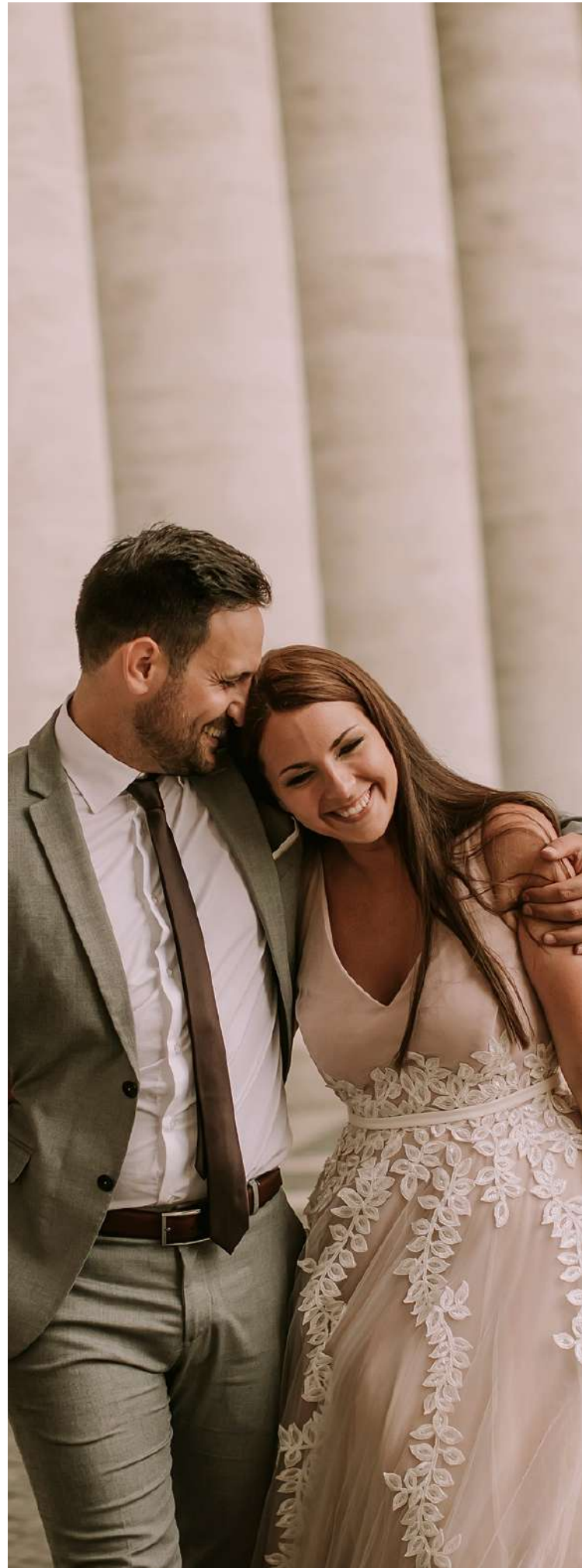
by Railey Molinario

In the wild ride of relationships, we all chase after that elusive thing called Love. But dive more deeply- Love, on its own, isn't the secret to a beautiful relationship.

We need Love in addition to Relationship Intelligence, the ability to navigate our relationship successfully. We might fall head over heels more than once, but the reality is-how many of us turn those heart-fluttering moments into something that lasts?

Love is the star of the show, no doubt. But here's the twist: Relationship Intelligence is the unsung hero that strengthens the story. It's not just about the warm fuzzies; it's about understanding yourself, decoding your partner, nailing communication, and handling conflicts like a boss.

So, in this quest for Love that feels like a never-ending rollercoaster, maybe it's time to drop the mic on chasing Love and shout out to Relationship Intelligence-the real MVP that turns those fleeting sparks into a love story for the ages.





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6 MARRIED LIFE SEX MYTHS BUSTED



PLEASURE EXPERT MELANIE BONK

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How many of us received the messaging that married sex is boring AF? Like you can hear a fly land in the next room kind of mind numbingly boring. Or once that ring is on your finger you are destined for a lifetime of monotonous missionary.

As a sexpert, love educator, tantrika, wife, and mother there is nothing I enjoy more than busting apart old stale stereotypes about sex (well, there a few things I enjoy more but you get the idea). I am a VITA™ Certified Sex, Love & Relationship Coach and I've been BONKING my hubby for 25 years now. These are my tested, tried and true experiences and advice for keeping the play, passion and pleasure alive throughout your partnership.

Myth #1: Scheduled sex is boring sex

Pfffft, this one is easy to bust! The very SECOND you schedule a steamy encounter with your beloved, you begin to cultivate a certain type of energy in your body. This divine life-force energy, which courses in ALL of our bodies whether you are conscious of it or not, creates radiance, aliveness, joy, vibrancy, desire, passion, and turn-on for life.

Books, tv, movies portray the notion that sex is naturally spontaneous however our bodies and our minds simply don't work like that. We all need transition time to go from mommy -> milf, employee -> embodied lover, laborer -> libido king, kindergarten teacher -> kinky slut.

Scheduling sex can actually lead to better, more satisfying sexual experiences according to a new study from The Journal of Sex Research. The study found that "those with a propensity for forward planning report better sexual function than those who are more easy-going."

BONK BETTER TIP: When you schedule sex, be sure to schedule a few extra delicious moments for yourself to melt into your pleasure and transition into truly embodying who you want to be as a lover before meeting your partner.



As a mom of 4, I need to wash away all the mommy energy and carpool smell turning my attention and my energy inward, on myself. Also, if you are new to scheduling a romp session, my invitation for you is to have FUN with it while removing movie expectations and all that accompanying pressure.

Myth #2: Wedding night sex is wild

A survey conducted by The Wedding Wire found that only 40% of couples are having sex on their wedding nights. I took an informal survey of my close friends and the % of couples not consummating their marriage on night one was closer to 2/3!

So why is no one gettin' freaky on their big day? Survey says:

- Exhaustion 48%
- Drank too much 21%
- Period 4%
- Didn't feel like it 3%
- Had an argument 3%
- Didn't go to sleep 3%
- Pregnancy 3%

I bet you are curious, did this sex coach BONK on the actual night she became a Bonk??? Yep, but let me tell you it wasn't hot, it wasn't wild, in fact, it wasn't even great. We both had a strong desire to bump fuzzies on the night we committed our lives to each other, however, the motivation was purely egotistical and purpose driven...we both desperately wanted to 'say' we had sex on our wedding night. Our first act as newlyweds was to order late night pizza and do it quickly while we waited. Honestly, if there was moaning on my end, it was over the thought of gooey cheese and pepperoni in less than 20 mins. The pizza came, neither of us did.

BONK BETTER TIP: Have a conversation before the big day about the reality of the day and the amount of exhaustion you will feel in your body. This will give you both a permission slip to gracefully bow out for the evening removing pressure.

Myth Number 3: Your spouse knows what you want

Taking vows does not give your partner the magic ability to read your mind!! They do NOT know what you like. They do NOT know what you want. They do NOT know how you want it. You have to tell them! And here is the BIG twist that rarely gets mentioned: your body, your pleasure, your likes, your dislikes, change every single day!!!

The first step in communicating what you desire in terms of touch, pressure, speed, stroke rates, location, etc is to know what you desire. It can be a real struggle to even know what we want in the bedroom especially when you see tv, movies, and especially porn, portraying such extreme falsities around pleasure. I absolutely cannot stand it when a sex scene begins and the woman is in full orgasm within 24 seconds or a man is 100% erect 100% of the time. These false narratives drive untrue stereotypes and expectations into our nervous system that are completely unattainable, setting everyone up as failures in the bedroom.

Establishing a solo pleasure practice and experimenting with your own body is the quickest ~and most fun~ way to know your preferences. However, let's be completely honest here, giving yourself pleasure comes along with a ton of conditioning, shame, guilt, anxiety, stories, and so on.

BONK BETTER TIP: If you struggle with any of those heavy emotions around self pleasure, I invite you to remove the pressure to climax all together. Set up time and space for a full-body exploration practice with the goal of remaining consistently curious. Think of yourself as a pleasure explorer on a mission to explore every ecstatic crevasse of your uncharted body with a fresh take, removing any preconceived notions and ideas around pleasure, asking yourself continuously and curiously "do I enjoy this?".

When it comes to having conversations around sex, I tell my clients to think about the 3 T's:

Timing - make sure you both are 100% fully present and available for a conversation around sex.

Tone - I love a compliment sandwich, beginning and ending with compliments and affirmations. Turn 'you' statements into 'I' statements. Notice the energy difference in these two statements: you should put your hands here vs. I love it when you put your hands here.

Turf - talking about intimacy in the bedroom tends to create even more vulnerability around an already super vulnerable topic. Try picking a benign spot like in the car, walking in nature, etc for a more at ease convo with your boo.

BONK BETTER TIP: If you find yourself saying things in your head during sex, let that become an invitation for you to use your voice. Using your voice during sex can be really scary and stress out your nervous system, meet yourself with compassion and understanding if you presently struggle with this. I still find myself saying things in my head during sex like..."Oh man, why did he stop that, it was soooo good" or "this is ah-mazing, I HOPE HE DOESN'T STOP" or "I WISH HE WOULD HAVE..."

Let me tell you friend, "I wish" is for the birds! This is like going to the gym, it takes a bit of guts and a lot of repetition to use your voice in the bedroom. If an "I wish" pops in my head now it is a red flag. A red flag: I'm not standing in my power. A red flag: I am not using my own voice to advocate for my pleasure. These red flags are now my cue to speak up and ask for what I want & get specific about how I want it. When I use my voice, guess what, I get exactly what I want! YIPPY - HAPPY DANCE!!!!



Myth #4: Sex will get boring

The myth and assumption that sex will get boring after you get married is SO TOXIC that a 2018 study found that narratives about "passion decay" in long-term relationships actually became self-fulfilling prophecies! That is, people who believed passion would decline in their relationships over time really *DID* experience lower commitment levels in partnership.

So let's bust this sucka wide open with science! Research has proven that the **BEST SEX** occurs in couples who have been together for 15 years or LONGER! The top 3 reasons why sex gets deeper, more meaningful and more satisfying with longevity:

Time - It takes years to get really good at sex! As the thrill and charge of new relations diminish, couples replace it with something else: intimacy, communication, exploration and a deeper understanding of one's own pleasure and each other's preferences.

Pressure - Sex outside committed relationships can come with a certain level of pressure and anxiety: STDs. STIs. Do they really like me? Is this person safe? Am I going to underperform? Am I wearing sexy undies or my grannie panties? Pressure & anxiety leads to distracted sexual experiences where folks tend to be in their heads worrying rather than free to focus on enjoying ecstatic embodied pleasure.

Trust - The biggest permission slip to be your authentic self in the bedroom is trust. Sex is one of the few moments we let go of all inhibitions. We allow ourselves to return to our WILD PRIMAL NATURE and the more you trust your partner, the more your vulnerability transforms into empowerment!

BONK BETTER TIP: For me and my BONKING bff, we found that when we are in a state of celebratory sex we then have more meaningful sexual experiences, a deeper connection & we both experience higher emotional intimacy and intense, long orgasms that expand time and space. Yes please!

To create a vibration of celebration in the bedroom, initiate some sweet postcoital 'pillow talk'. Take turns celebrating 3 things you experienced, felt, learned, etc during your partnered play time. Partners who tend to say positive things to each other and to disclose more about themselves after sex have higher satisfaction and remain steady in their partnership.

Married sex life myth #5: Kids = No Sex

You don't need to look very far for solid evidence that married folks with kids do BONK...often...a lot... (hint, I'm your evidence).

OK, yes, having a baby 100% changes, literally, everything in your life so let's add in this quote from Aristotle, "change in all things is sweet." So here is my mama-sex-goddess truth bomb: Sex completely changes after kids and that change can be ohhh, so deliciously sweet.

A study of 1,000 parents found that the frequency of sex did in fact decrease after kiddos show up, however, certain acts of intimacy like cuddling or oral sex increased after kids. Parents are, in fact, getting busy and really choosing the sexual acts they most desire with the time they have available.

For me, popping out bebés created an even deeper emotional connection to my baby daddy. When the hubby tenderly hoisted my hospital grade granny panties complete with vag ice pack and numbing medicine from the roids up over my swollen belly, it obviously didn't create a steamy sexy scene.

However, our connection solidified, our partner bond grew deep roots in those moments, in the care he gave me, in the amount I could lean on him, in how tender he was with me, that trust, in the long run, allowed me to go even deeper with my pleasure and my own surrender.



BONK BETTER TIP: Here are three things to create positive change in your sex life with kids:

- Turn self-care into a team sport!! If you want more sex from your partner, become their self-care advocate. Nothing sounds sexier to a frazzled mom than "let me take the baby while you enjoy a long, hot bath."
- Make an effort to focus on your relationship. The relationship came before the bouncing baby so keep it that way. A study showed only 9% of parents don't feel like having sex after kids, while a whopping 46% found that there wasn't enough time and privacy for sex. (Revisit myth numero uno for scheduling sex debunking and how it can create super hot sexual encounters.)
- Rekindle emotional intimacy before the physical. Create time and space for conversation around your desires, talk about sex and chat about your turn-ons. Explore what has changed for you since baby, explore your passions, the pleasure you want to experience, etc. Communication can be the sweetest form of lubrication.

Married Sex Life Myth #6: Married people don't masturbate

Many misconceptions about masturbation in marriage exist out there...

- "Masturbation takes away from partnered intimacy"
- "If my partner masturbates I'm not meeting their needs"
- "I'm not enough"
- "If my partner is solo paying, something is wrong with 'us' and our relationship"

Mounting evidence indicates that when you play the downstairs dj it is a normal, healthy, and even a beneficial act that promotes an improved sense of sexual wellness, increased feelings of sexual empowerment while decreasing stress, and increasing sexual satisfaction, frequency and libido. WINNING!!

To create a vibration of celebration in the bedroom, initiate some sweet postcoital 'pillow talk'. Take turns celebrating 3 things you experienced, felt, learned, etc during your partnered play time. Partners who tend to say "Some people feel uncomfortable discussing masturbation with their partners which makes perfect sense. There are so many judgements, beliefs, anxiety, opinions that create shame and guilt from doing something as basic as loving yourself."

Here's the truth: it's absolutely healthy to give yourself a hand if you are partnered as long as the behavior doesn't interfere with your sexual intimacy as a couple or become a compulsive activity that negatively impacts your work or social life.

For this wifey, a regular pleasure practice keeps:

My libido: primed 📈

My energy: vibrant & contagious ✨

My body: alive and online 🌸

My desire: burning bright 🔥

And I'm not the only one, a study found that happily married women tap into their own pleasure potential more frequently than those who were unhappy in their relationships.

BONK BETTER TIP: I truly believe that when you give yourself pleasure, you give yourself power and the most powerful, the most radical thing you can do in this lifetime is to create a life based on pleasure. If you learned that self-touch is taboo it is time to update your programming.

Need help establishing a pleasure practice routine?

Looking to add more play, passion and pleasure to your relationship and your life. Coaches like myself are empathetic space holders for this empowering work, we help remove roadblocks to deepen connection to your own body, abundant pleasure and to each other.





L&E LOVE EDUCATION



**NURTURING LOVE: THE ART
OF A REGULATED NERVOUS
SYSTEM**

by Cassandra Love Lambert

Nurturing Love: The Art of a Regulated Nervous System

by Cassandra Love Lambert

In the complex world of relationships, the real powerhouse isn't grand gestures or eloquent words; it's the ability to maintain a regulated nervous system. As a seasoned somatic practitioner, I've discovered that this skill is the keystone for all relationships, be it with your partner, spouse, your children, or most importantly, with yourself.

So, what's the magic behind a regulated nervous system? It's all about creating a safe haven for your loved ones when emotions run wild. By guiding them towards co-regulation, we guide them back to a place of equilibrium, nurturing emotional safety, security, and intimacy. The result? Transforming potential trauma into healing experiences.

But here's the kicker: you can't be emotionally available for others until you've tended to your own nervous system. How do you do that? The secret is in maintaining a daily routine with somatic practices such as meditation, EFT tapping, breathwork, yoga, physical activity, and a sprinkle of gratitude. Think of it as self-care for your inner world; even just 5 minutes a day can transform your emotional capacity.

Once your inner world is solid, you can provide the following gems to your relationships:

- **Holding Space:** Being present, emotionally available, and listening to understand, not just to respond.
- **Co-Regulating:** Using somatic strategies to help each other reduce emotional turbulence and find balance.
- **Reserving Your Feelings:** Saving your reactions and feelings for a separate, calm moment.

Why? Because when someone's in an emotional storm, logic and reasoning take a holiday. So, step one is helping them regain their balance. Remember, the key to co-regulation is self-care.

When both partners prioritize their nervous system, moments of distress become easier to navigate as a team. A daily somatic routine will help you both manage your reactions and steer clear of unnecessary conflicts.

When tensions do arise, sit with the discomfort together or switch gears with an activity like a walk, a game, or cooking a meal. I teach individuals as well as couples to tend to their nervous system and to practice their pause in moments of distress in my Pain into Power Process. This is a very bottom-up somatic process of transformation and embodiment.

Communication is your lifeline. If you or your partner feel triggered:

1. Kindly request a pause to cool off (versus continuing down the rabbit hole).
2. Suggest a specific time to revisit the issue (versus avoiding or disappearing).
3. Sit together, hold each other, and breathe.
4. Propose an activity to do together that's engaging.
5. Try the "Tap and Talk" technique - tapping on EFT points while discussing.

In love and relationships, a regulated nervous system is your secret ingredient for success. It lays the foundation for emotional safety, closeness, open communication, and lasting intimacy. So, embrace the art of presence and co-regulation to craft stronger, more harmonious bonds with your loved ones. With the mastery of your nervous system, you'll create fulfilling, loving connections that stand the test of time.



L&E LOVE EDUCATION

Love's Dark Secrets: Unveiling Startling Facts About the History of Valentine's Day

As we exchange heart-shaped cards and indulge in sweet confections every February 14th, the seemingly innocent celebration of Valentine's Day harbors a trove of shocking and unexpected tales from its murky past.

While the modern incarnation of Valentine's Day is associated with Love and romance, its origins lie in the ancient Roman festival of Lupercalia, a raucous celebration of fertility and matchmaking. Participants engaged in a peculiar lottery-style pairing, revealing a side of Valentine's Day that might leave many contemporary enthusiasts wide-eyed.

The martyrdom of St. Valentine during the third century adds a sinister twist to the romantic narrative. Legend has it that the priest defied Emperor Claudius II's decree against marriages for young men, leading to his execution on February 14th, around 269 AD. Before facing his untimely demise, St. Valentine allegedly sent a note to his beloved, signed "from your Valentine". This morbid origin story lurks beneath the surface of the heart-shaped chocolates and roses exchanged today.

Geoffrey Chaucer's role in shaping the day's romantic associations takes a darker turn when considering the context of his time. The concept of courtly love, popularized by Chaucer, introduced complex and often illicit relationships into medieval literature, hinting at a more scandalous undercurrent beneath the veneer of courtly romance.

The 17th-century England witnessed a peculiar trend in the celebration of Valentine's Day-giving literal 'pinpricks' to your beloved. Enamored individuals would wear the name of their crush on their sleeve, quite literally, and others would jab the person's name with a pin. While seemingly harmless, this practice adds an unexpected layer of pain to the romantic festivities.

Fast forward to the 18th century in the United States, where Esther A. Howland, the "Mother of the American Valentine", turned the tradition into a lucrative business. Her mass-produced Valentine's Day cards adorned with lace and ribbons sparked the commercialization of the holiday, revealing a profit-driven motive behind the expression of Love.

As we revel in the romanticism of Valentine's Day, it's worth acknowledging the surprising and sometimes shocking history that underlies this seemingly innocent celebration. Whether you're enchanted by the ancient fertility rituals, intrigued by the martyrdom of St. Valentine, or surprised by the commercial roots of the tradition, Valentine's Day is more than just hearts and flowers-it's a complex tapestry woven with threads of Love, pain, and the unexpected.





Stressed to Success: Mastering Life, Love, and Prosperity

by Kathy Baldwin

Stressed to Success: Mastering Life, Love, and Prosperity Could stress just be a symptom of misalignment with Universal Laws? Recognizing this could revolutionize your energy and choices, turning tension into harmony. The Law of Relativity teaches that perspective shapes our experiences. See challenges as growth avenues and build resilience. Your conscious choices shape your reality and relationships.

Embrace the Law of Polarity's wisdom in love's contrasts. The Law of Rhythm invites us to sync with life's natural cycles, understanding that relationships ebb and flow. The Law of Correspondence reflects our inner state in our connections. Inner harmony fosters healthier relationships. Prioritize self-care to positively impact your connections.



Integrate these Universal Laws into your life.

Navigate Change with Perpetual

Transmutation: Life's energy shifts; guide it jointly towards positivity.

Balance Exchange with Compensation:

A balanced give-and-take enriches relationships.

Elevate Dialogue with Vibration:

Positive communication deepens connections.

Grow with Polarity:

Leverage differences to strengthen your bond.

Cultivate Gratitude with Cause and Effect:

Gratitude begets more to be grateful for.

The Law of Gender reminds us that harmonizing feminine and masculine energies within us and in our relationships is essential. This balance is key to personal and relational harmony. Aligning with these laws empowers you to craft a life of purpose and connection. Ready to unlock these dynamics? Join me at RiseUP Coaching for a journey to a thriving life.

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L & E

SHARE YOUR STORY WITH THE WORLD

Secure a full-page feature in L&E Magazine, the globe's leading authority for couples, known for its rich content, authentic stories, and dedicated following. We offer a platform for storytellers, professionals, and product owners to illuminate our pages with their unique presence.

PRODUCT PROMOTION

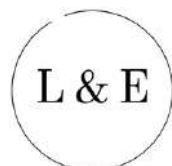
Got a product that makes couple's lives brighter? Feature it on our vibrant pages, introduce it to a worldwide audience, and witness your brand's visibility soar.

ASK THE EXPERT ARTICLE

Expert in your field? Craft an engaging article and enlighten our readers. Use this platform to solidify your status as a thought leader in your field.

PERSONAL INTERVIEW

Get interviewed by our seasoned team of writers and let our readers delve into your journey, your struggles, triumphs, and everything in between.



Breathwork For Swift Relief Through Diaphragmatic Breathing

an interview with
Leanne Sheargold



What is your personal story and journey that led you to become an expert in your field?

At 28, I battled through a year-long recovery from a stroke, only to have a haunting childhood trauma resurface a year later. Fast-forward to 48, I found myself enduring relentless bullying and harassment in my workplace. After six-months I finally summoned the courage to seek help from the police. The aftermath was PTSD, rendering teaching an insurmountable challenge.

In my quest for mental well-being, meditation became my sanctuary. It wasn't just a practice; it was a lifeline that breathed vitality back into me. Completing Reiki Training, I stumbled upon a hidden talent in healing. This newfound passion birthed a business, intertwining healing with coaching. In my early 50s, I returned home from a day of teaching, unaware that my life was going to shatter into unrecognizable fragments.

My body decided it was time to release long-repressed abuse memories. Sensations, visuals, and sounds flooded my senses, pushing me into a relentless loop of reliving trauma.

A transformative three-month stay at a Mental Health Wellness Centre offered liberation and freedom from trauma, yet the feelings of worthlessness and anxiety lingered. I stayed overseas to focus on rediscovering and strengthening myself. Certifications in Breathwork, TRE, and Somatic Healing became my arsenal. Passion reignited, and my business found purpose in alignment with connection, community, and abundance.

Can you share a technique you regularly employ with clients, especially one that aids couples during challenging times?

Two easy techniques that supported me were Breathwork for swift relief through diaphragmatic breathing and applying ice to the chest or temples for a rapid reset. During moments of challenge or emotional turmoil, these techniques became my anchors, swiftly calming my nervous system and self-regulation.

According to your expertise, what is the key to cultivating a fulfilling and thriving life?

The key to thriving in life comes from knowing your passions, goals, values and taking action. To further enhance this, find a partner who shares the same values and goals, fostering a love for life, each other, and for self.



Nurturing Intimate Bonds: The Journey of Self-Actualization through Plant Medicine and Tantric Practices for Couples

by Amber Helgeson

In the dance of relationships, the intertwining paths of self-discovery and mutual growth lay the foundation for profound connections. Delving into the realms of Plant Medicine and Tantric practices together as a couple not only ignites personal transformation but also fosters a deeper, more meaningful bond.

Plant Medicine, revered for its healing properties, ventures into the unexplored territories of the mind and emotions. It unveils the layers of past wounds and ingrained patterns, offering a gateway to self-realization and healing within the context of the relationship.

Tantric practices, characterized by mindfulness, breathwork, and shared meditative experiences, complement this journey by nurturing a deeper understanding and synchronization between partners. Through shared breath and intimate connection, Tantric teachings guide couples toward a harmonious union of minds and hearts.

The fusion of Plant Medicine and Tantric practices within the dynamics of a relationship becomes a catalyst for mutual growth and deeper connection. It fosters an environment where each partner's self-awareness nurtures the relationship, cultivating empathy, mutual understanding, and authentic communication.

As partners navigate this transformative journey together, they witness the synergistic effects of these practices. They uncover their true selves, heal past wounds, and establish a stronger foundation based on shared growth and authenticity.

Guiding couples through this transformation, I witness the power of this fusion to ignite profound changes within relationships. Together, partners embark on a journey toward self-actualization, fostering a deeper, more fulfilling connection grounded in mutual understanding and authenticity.

Embrace this shared expedition of self-discovery and mutual growth. Let Plant Medicine and Tantric practices become the catalysts that deepen your bond, nurturing a relationship that thrives on authenticity, empathy, and a shared journey towards self-actualization.





L&E LOVE EDUCATION

MODERN INTIMACY



VISIT MAUDE



L&E LOVE EDUCATION

AN INTERVIEW WITH MICHELLE RICHARDS



What is your personal story and journey that led you to become an expert in your field?

On March 28, 2020, my life took an unforeseen turn as the obstetrician's table became a place of heartbreaking revelation—a miscarriage. The emotional aftermath flooded me with sadness, guilt, and fear, questioning why this pain had befallen me. The fear of losing my husband and the belief that motherhood might elude me gripped my soul.

Amidst grief's darkness, returning to my nursing job felt insurmountable. The once-beloved profession now echoed the pain of my lost life. Struggling to be strong for others, I confronted each day with pain, loss, and an uncertain future. Gradually, healing began through support groups, therapy, and my husband's love. The clouds of despair lifted, leaving scars but also revealing resilience that not only healed my wounds but supported others.

Choosing to be a transformational coach emerged as a calling to turn personal suffering into global hope. With unwavering determination, I focused on coaching for resilience and emotional well-being, aiming to help women thrive.

Through my story, I inspire others to find strength and purpose in challenging times, a testament to the human spirit's power to rise, transform, and embrace life's challenges with grace.

Can you share a technique you regularly employ with clients, especially one that aids couples during challenging times?

The Ring of Power technique can be used for men, women, couples and children it involves visualizing a radiant ring symbolizing life aspects. Focus on a section for self-love, filling it with positive energy. Create a physical gesture as an anchor for confidence. Revisit daily, adjusting the mental ring and reinforcing the anchor. This brief practice helps all cultivate and anchor empowering emotions, fostering confidence and self-love over time.

According to your expertise, what is the key to cultivating a fulfilling and thriving life?

The key to cultivating a fulfilling and thriving life often involves a balance between self-discovery, meaningful relationships, and continuous personal growth. Prioritize self-awareness to understand your values and passions, foster genuine connections with others, and embrace opportunities for learning and development. Strive for a harmonious blend of physical and mental well-being, setting and pursuing meaningful goals, while also finding joy in the present moment. Ultimately, it's about aligning your actions with your values, maintaining a positive mindset, and adapting to life's changes with resilience.









L&E LOVE EDUCATION

HAVING A VOICE:

THE ACKNOWLEDGMENT OF ONE'S HUMANITY

an interview with Fair Gonzaque

What is your personal story and journey that led you to become an expert in your field?

My journey to becoming an expert in my field began at 21 when I left Iran to escape an emotionally abusive family. Navigating challenges like nationality, language barriers, and chronic illnesses, I discovered a gift for compassion and resilience. The difficulties I faced fueled my determination, and I found strength in overcoming adversities. My expertise is not just technical; it's a testament to the transformative power of resilience and compassion in the face of hardship.

Can you share a technique you regularly employ with clients, especially one that aids couples during challenging times?

One effective technique I often recommend for couples on a daily basis is to spend 10 minutes together twice a day—morning and evening. Whether it's a walk, a hug, or meditation, use this time to share positive sentiments about each other. In the evening, make it a must to express three good things you observed in each other every night. This simple practice fosters connection and reinforces the positive aspects of the relationship.

According to your expertise, what is the key to cultivating a fulfilling and thriving life?

The key to cultivating a fulfilling and thriving life, based on my expertise, begins with the recognition that you have a voice. This isn't rooted in anger but in the acknowledgment of one's humanity—a process that involves introspection, self-respect, self-care, self-love, and self-forgiveness. It's essential to operate from a foundation of love and forgiveness rather than judgment, as a judgmental outlook can be detrimental to both relationships and overall life satisfaction. Choosing love and forgiveness not only nurtures relationships but also enhances one's sense of self. However, the foundation for creating such relationships and a thriving life lies in cultivating love and forgiveness towards oneself, establishing a harmonious and fulfilling existence.





A Rustic Southern Wedding

A wedding with a rustic feel doesn't always sound rustic and out of date. In fact, a wedding with this nuance can add to the romantic impression of your marriage with your partner because the nuances are simple but full of Love.

By using the aesthetics of a rustic wedding from ancient times, you can feel a simple but full wedding with Loved ones. Not all weddings have to use a place that is luxurious.



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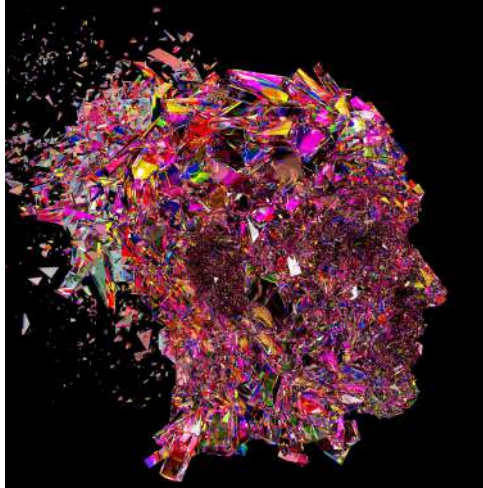
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How Conquering your Inner Critic Unlocks the Power of Connection: a Guide to Transformative Relationships



In the dance of relationships, the melody of self-talk sets the rhythm. Imagine a garden (your mind) where negativity is the weed strangling potential. Confronting and reshaping negative self-talk isn't just a personal journey; it's the key to unlocking profound connections.

Addressing this internal dialogue cultivates self-compassion, fostering empathy for others. The kindness you extend to your own flaws creates a positive loop, enhancing your ability to understand and support those around you.

Shifting from a fixed mindset to one of growth and resilience becomes contagious in relationships. Challenges transform from obstacles to opportunities for mutual development and understanding.

Communication, vital to any connection, is hindered by constant self-doubt. Overcoming negative self-talk opens the door to transparent communication, building trust and intimacy.

Empowered by self-value, you establish and maintain healthy boundaries, reducing conflicts born from unspoken expectations. The fear of vulnerability diminishes, allowing authenticity to strengthen the bond.

In essence, conquering negative self-talk isn't just self-improvement; it's the catalyst for richer connections. By cultivating self-compassion, fostering a growth mindset, improving communication, and embracing vulnerability, you create an environment where relationships flourish. Welcome to the transformative journey where silencing your inner critic becomes the key to unlocking the power of connection.





The Financial Dance of Marriage: Steps to Harmony and Prosperity

by Marla Osner

In the intricate dance of relationships, financial matters play a pivotal role, either harmonizing the partnership or injecting discord. The essence of a successful financial journey lies not merely in numbers but in shared dreams and a joint roadmap to manifest those aspirations. The prudent step before marriage involves a candid discussion about financial goals, cultivating an environment of trust and collaboration.

For those already entwined in matrimony or accustomed to a financial routine, a critical self-assessment is warranted. Is the current approach genuinely yielding positive results?



Arguments over finances, overdue bills, and mounting debts may signal a need for recalibration. Effective financial planning transcends dollars and cents—it's an investment in the stability and enduring happiness of a relationship.

To navigate the labyrinth of financial management, embracing key practices is imperative. Crafting a budget, diligent expense tracking, understanding cash flow, and adeptly managing diverse debts form the foundation.

Savings, acting as a safety net, prove invaluable during unforeseen challenges. Venturing into investments, while intimidating, becomes more manageable with shared goals, guiding the selection of investments for a shared future.

Open communication about merging or keeping finances separate is paramount. Decisions on spending limits and handling disagreements in financial management necessitate mutual agreement. The consideration of a prenuptial agreement becomes an essential element, acknowledging the financial implications of a union.

Beyond the immediate, planning for significant milestones like home and car acquisitions demands attention. Establishing a financial commitment agreement, including down payments and comfortable monthly payments, is crucial. Immediate setup of life insurance policies, wills, trusts, and powers of attorney adds an extra layer of security.

Routine reviews of financial plans are non-negotiable. Regularly assessing budgets, debts, balances, and investments safeguards against unforeseen challenges. Life changes such as raises, childbirth, or property purchases necessitate periodic updates to insurance coverage. Engaging a financial planner warrants careful consideration.

Opting for hourly payment avoids the long-term pitfalls associated with percentage-based fees. A comprehensive financial plan, revisited annually, is an investment in safeguarding the relationship from future heartache and financial distress. In essence, embracing the challenges now paves the way for a future enriched with financial stability and enduring bliss.



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Matrimony



MARRIAGE SUCCESS

Mastering relationship intelligence is the part that takes a whole lot of work

Railey's Secrets to Marriage Success

Falling in Love and saying "I do" was easy, MASTERING RELATIONSHIP INTELLIGENCE is the part that takes a whole lot of work.

In the pursuit of marital harmony, Railey unveils a concise roadmap for couples to cultivate Relationship Intelligence, fostering enduring Love and understanding. Anchored in Railey's insights, here are three essential steps to navigate relationships successfully.

Crafting a Shared Vision:

Begin by co-creating a common vision with your partner, a collective roadmap that aligns your aspirations and goals. Embrace shared dreams and aspirations, fostering unity and collaboration as you embark on your journey together.

By establishing a shared sense of purpose, couples lay the foundation for a resilient and harmonious partnership.

Embracing Effective Communication:

Cultivate open, honest communication as the cornerstone of your relationship.

Create a safe space for dialogue, where both partners can freely express their thoughts, feelings, and concerns. Listen actively, seeking to understand before being understood. Through effective communication, couples deepen their connection, fostering intimacy and trust.

Implementing Problem-Solving Techniques:

Approach conflicts and challenges with a collaborative mindset, employing problem-solving techniques to navigate differences constructively.





PRACTICING PATIENCE AND EMPATHY:

In moments of conflict, practice patience and empathy towards your partner. Recognize that each person brings their own perspective and experiences to the table. Avoid jumping to conclusions or making assumptions, and instead, seek to understand your partner's point of view.

SETTING COMMUNICATION GROUND RULES:

Establishing communication ground rules can provide a framework for healthy interaction. Agree on guidelines such as avoiding blame, using "I" statements to express feelings, and taking turns speaking without interruption. By creating a respectful and supportive communication environment, couples can navigate disagreements with greater ease and understanding.

The 3 Steps To A Thriving Relationship

01

Create a Common Vision: Begin by establishing a shared vision with your partner. Discuss your individual goals, values, and aspirations, and finding common ground to build upon.

02

Master Relationship Intelligence: Invest in developing Relationship Intelligence, which encompasses the skills and understanding needed to navigate your relationship successfully.

03

Cultivate Joy: Make joy a priority in your relationship by intentionally seeking out opportunities for fun, laughter, and shared experiences.



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