

The True Opportunities to Express Love

By Moti and Ronit Peleg

The expression of love does not require a special holiday, particularly in a couple's relationship. We have an opportunity to re-embrace and ignite the spark in our relationship several times a year, not just on major holidays, birthdays, Mother's/Father's Day, and other special occasions. We certainly **recognize our partner's achievement on Valentine's Day**, and traditionally express our love to our significant others by giving scripted cards and gifts. For a moment our relationship with our loved one feels re-energized. On this day, **the opportunity to affirm our affection and feelings of affinity towards our significant others arrives**, via a structurally set date on the calendar.

This occasion, Valentine's Day, is also an opportunity for couples to **reaffirm their commitment to one another**, from rewriting their vows to finding various ways to celebrate each other and the relationship. Partners can reignite their passion and bring back the vitality into their union. While particular dates on the calendar reawaken the chance to express our love, many couples neglect those elements of the relationship during the rest of the year. Couples may take the relationship for granted and leave it vulnerable and untended.

So, **why can't every day become an opportunity to celebrate the relationship?** Why do lovers need to wait or depend on a special occasion to express love to one another?

The "Ego 2 Heart" listening and communication practice for couples emphasizes the **daily awareness to reach couples' intimate connectedness**. It supports a **daily cultivation of the relationship through non-judgmental listening and communicating**. The following are amongst some of the daily opportunities to express love and deepen your intimate bond.

1. It is helpful to remember that our partner is the other half of self. When we communicate daily, positive affirmations, support and affection, it empowers our partner and strengthens the relationship.
2. Remain mindful to give as much as we receive, talk as much as we listen and provide pleasure as much as we enjoy receiving it. It helps to explain our likes and dislikes, what makes us feel good, what turns us on. We need to share and encourage our partner to do the same.
3. Giving your partner space and taking time for self individually can be energetically replenishing. We need to keep in mind the importance of surprise, humor, playfulness, spontaneity, adventure and creativity. Break the routine by exploring new places and activities together such as camping, traveling to an exotic place and spending time in nature.

These are only a few of the various opportunities to express love and deepen our relationships. Showing your vulnerability and expressing to your partner a heartfelt affirmation such as, "I want you to know how important you are to me in my life. Who you are makes the difference in my life," can further deepen your intimacy.

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