



THE TOP

5

**WAYS TO
CONNECT IN**

*under 3
minutes*



Introduction

I was one of those people who was lonely out of a relationship and even lonelier in a relationship. When I was single I would long for a partner, when I was in relationship I would long for more adventure, connection, romance, time together. I wanted to be a priority or feel important, significant. Over the years I've learned a lot about this, and obviously I can't share it all now but what I can share is a vital piece of information that will change things for you very fast.

Connection and building intimacy doesn't have to take a lot of time, it can actually be done in tiny little moments throughout the day. These add up to a feeling of being loved, connected, important and fulfilled. For me knowing I can make huge impact in a short amount of time is oh so important in this busy world we live in. That is why I created The Five Top Ways to Connect In Under Three Minutes. I guarantee if you practice giving and receiving at least three of these a day- that's nine minutes of your life- you will feel more connected and in love by the end of the week, no matter what else is going on.



Morning Acknowledgement and Affirmation:

DON'T DO THIS:

Have you ever had the experience of waking up, your partner rolls over, gets on the phone, then gets up and goes pee ect...Or maybe you wake up, kids at the door, you're scrambling to get clothes on and you forget to even look at your partner, or you push snooze so many times you're in a rush? You get the picture.

DO THIS INSTEAD:

Roll over, look into the eyes of your partner, put a hand on their shoulder or their heart and say things that are true for you. Here are some examples of what you could say:

- ▶ I love waking up next to you
- ▶ Your skin feels amazing
- ▶ I'm excited for the day knowing I get to come home to you
- ▶ How are you feeling this morning? Is there anything I can do to make your day easier?
- ▶ I love you and you're my favorite person.
- ▶ Life is good because you're in it
- ▶ Give an appreciation: I appreciate how patient you were with the kids last night, it makes me love you even more

Giving appreciation or acknowledgement lets others know what you like and how to win with you in the future. This doesn't take long and goes a long way.



The Melting Hug:

The melting hug allows for the para sympathetic nervous system to be activated, which in turn allows for relaxation and bonding. Have you ever gotten stuck in fight or flight mode? Then this is a good one. It also has secret health and vitality benefits. Your body is full of energy systems, you have negative, neutral and positive poles all over the body. When you come in close contact in an intentional way with your partner you actually jump start each other, just like car batteries and jumper cables.

How To:

Be as even as you can in height. This may mean the taller partner opens the legs wider to become shorter or the shorter partner may stand on something. Slowly come together, heart to heart, pelvis to pelvis, legs to legs. Come closer and closer, see how deeply you can relax into each other simultaneously matching each other's breath. Inhale and exhale together.

You can't really stay mad at somebody you do this with. You will feel more relaxed, more energized in your body and softer and more compassionate towards your partner. You will have an unconscious or conscious result of feeling more supported.



Generosity and Support:

People's values speak when you ask about time or money. If you want to know someone's values, ask them how they wish they were spending their time and money.

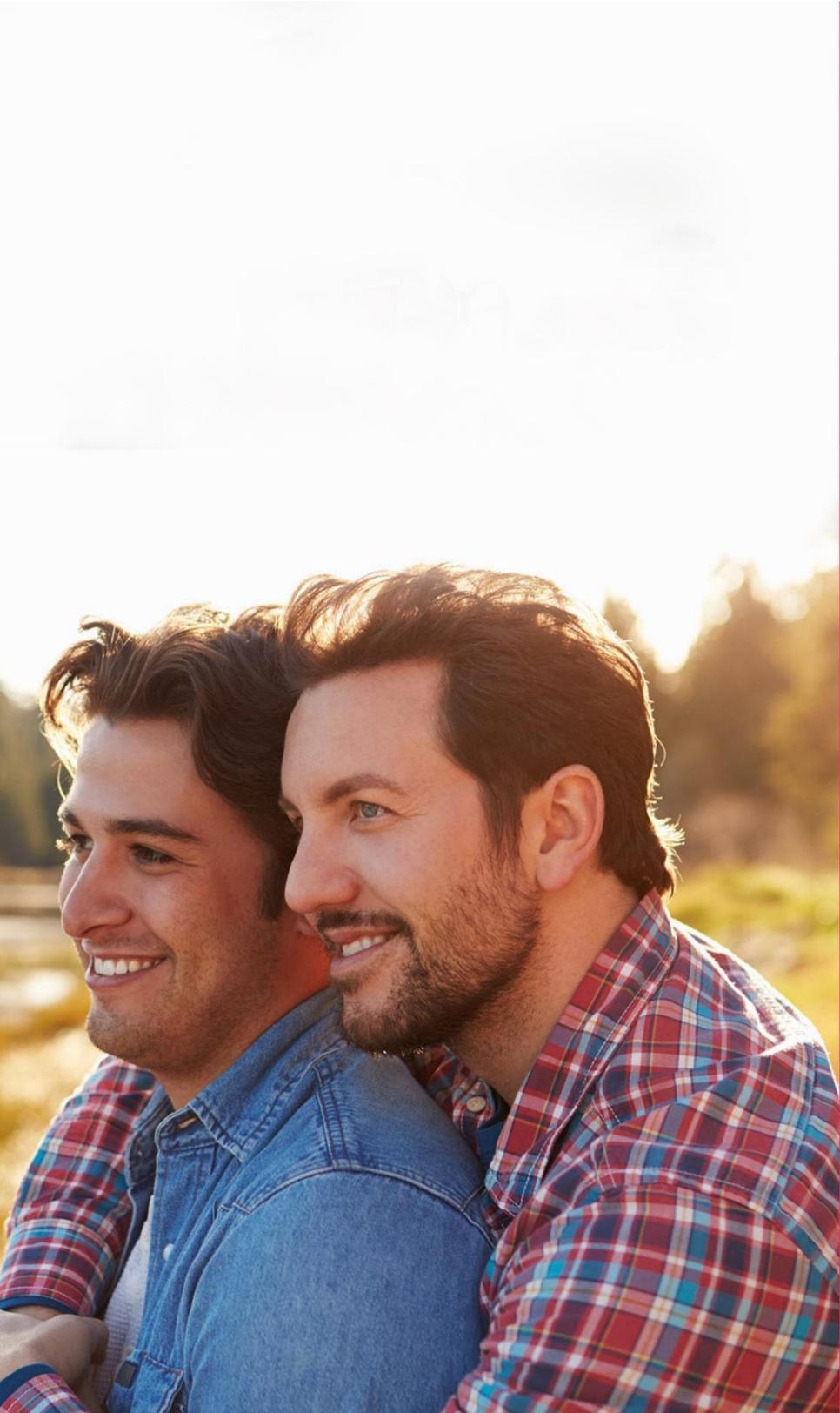
Get to know your partner's needs and longings by asking the questions below:

How can I be more generous with my time and money?
How can I support you more throughout the day?

Hearing their wishes doesn't mean you can do them all or that you will, it's simply to hear and understand your partner more deeply. Then act in a way that is authentic to you with the info you just received.

How To:

Ask over and over for three minutes. Ask, let them answer and if they get quiet, ask the same questions again. This is an exercise in getting to know what's important to your partner. It gives you clear info on how to love them even better. It's also an exercise in self-awareness for those who are answering the questions and an act of deep listening and curiosity for the one asking the questions. This strengthens communication, listening, acknowledgment and the need to be heard, valued and understood in relationship.



Things to Avoid if You Want Your Needs to Be Met:
It's hard for someone who is receiving your desires if it is delivered like this:

Asker: "How can I support you more throughout the day?"

BIG MISTAKE:

Answerer: "Well, you never take out the trash or keep me company while I'm cooking. I want you to stay in the kitchen and talk to me."

Don't tell your beloved how they are failing you and then expect them to hear what you want.

Let's try again:

Asker: "How can I support you more throughout the day?"

Answerer: "I would love it if when I'm cooking you could take out the trash and then come sit with me in the kitchen while I cook so we can catch up about the day."



Making Out:

When is the last time you kissed or made out for three minutes straight???? No sex, just kissing, like when you were dating and all those funny feelings happened inside. Well, they still happen if you just kiss. Lips have many nerve endings that are connected to igniting passion and pleasure in the body. Are you taking time to go through the lips? Kissing is super intimate, and I find that couples have sex, but don't kiss a whole lot. Did you know sex is easier to have than kissing and eye contact for people who have a tendency to avoid intimacy?

How To:

Go up to your partner and make out like mad, or soft and gentle, or play with tracing the lips with your tongue. Have fun, kiss different every day. Maybe have a nibble too.



Love Notes or Seduction Letters:

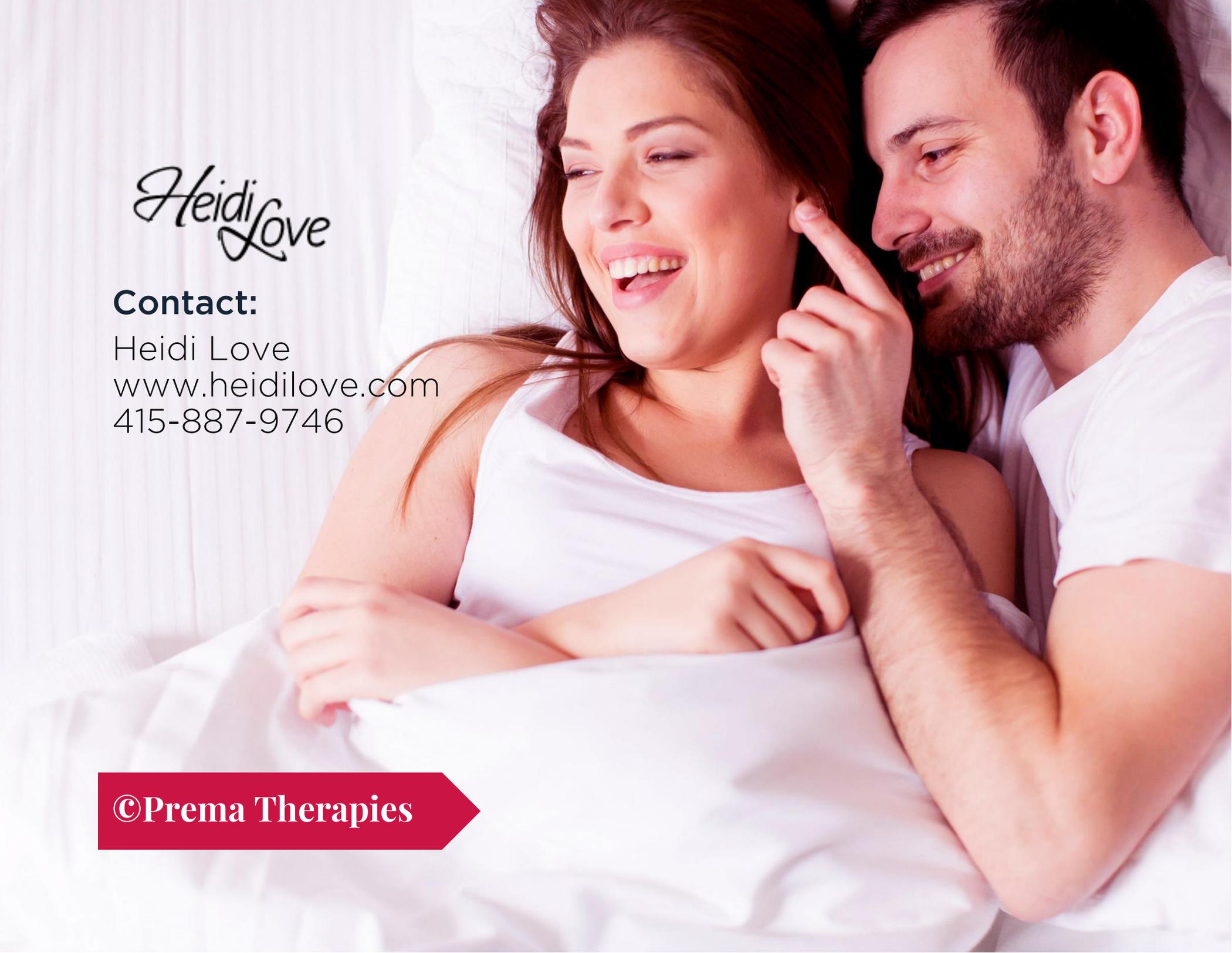
Your first reaction might be to think this is boring, but it's totally fun. Did you know reading a love note activates the pleasure centers of your brain?

How To:

- ▶ Leave a note in lipstick on the bathroom mirror (unless of course this would set your partner off thinking, "Yikes, I have one more thing to clean")
- ▶ Send a picture of your pecs or cleavage over text with a note that says "Can't wait to see you naked."
- ▶ Write a long note stating how you feel about your relationship
- ▶ Write a gratitude letter to your partner

Jay and I used to be apart when he worked for the fire department. I would hike up the hill at sunset, he would go outside the station overlooking the sky, and we would then text each other the sunset from our view and share the sunset together while we were apart. This can be done at sunrise, sunset, you can share the moon or the stars. It's quite romantic.

Okay, you're on your way, three a day in under three, will change the way you love and see. Doing these simple things changes the view of your partner and your relationship. It works if you work it. And it's free!

A photograph of a young man and woman lying in bed, smiling and looking at each other. The woman is on the left, wearing a white tank top, and the man is on the right, wearing a white t-shirt. They are both looking towards the right side of the frame. The background is a white, textured surface, likely a pillow or headboard.

Heidi Love

Contact:

Heidi Love
www.heidilove.com
415-887-9746

©Prema Therapies