

PASSIONATE
SPARK

LASTING LOVE



SUSIE & OTTO COLLINS

If you're like a lot of people, you may believe that having and keeping a relationship that's filled with spark that lasts throughout the years may seem like something that happens rarely if ever.

You may be in a relationship right now where passion has died (or at least it's pretty dim) and you don't know how to get back what was once there between the two of you.

Or you may want a relationship where your love lasts for each other but don't know where to start attracting it into your life.

We're here to tell you that it is possible to create a love that lasts over the years and even increases in passion and connection...

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When you think about creating a relationship where love lasts, you may have the belief that many people have that it's normal for attraction to die after years (or even months) of being together.

While we absolutely know that attraction and spark can lessen or even die after awhile, it doesn't have to.

In this e-book, we're giving you some of our best advice on creating the relationship you want but first we want to talk about the spark and passion.

What is that illusive spark and passion we're talking about?

It can certainly be that sexual attraction that you felt for one another when you were first together but it can also be much more.

Here's our definition...

Passion and spark can be a feeling of deep connection, aliveness, mutual respect and love for each other, plus a strong desire to be together. It can feel like you are growing together and moving into your future as a couple.

The spark between two people is certainly unique for each of us and we don't pretend to define it for you.

So we urge you to take a moment and define it for yourself.

Here's a question to help get you started...

How do you define the spark and passion that you want in a relationship?

About Susie and Otto...



In addition to creating this e-book you're reading right now--we are authors, speakers, Breakthrough Relationship Coaches and married partners who decided when we came together that we wanted a passionate, connected, growing, alive relationship.

As we began our relationship, we consciously learned how to keep the spark alive that we initially felt and we practiced living it in every moment.

Prior to getting together, we both had been in marriages where the spark had died and these marriages had ended in divorce for each of us. We put our efforts into learning how to do it differently and then applied what we learned to every aspect of our lives.

Now we share this information and much more with thousands of people all over the world in our courses, "Magic Relationship Words," "Should you Stay or Should you Go?", "No More Jealousy," "Relationship Trust Turnaround," "Attracting Your Perfect Partner," "How to Heal Your Broken Heart," "Red Hot Love Relationships" and "Stop Talking on Eggshells." For a full catalog of our work, go to <http://www.passionateheart.com/products.htm>

If you're new to our work and haven't signed up for our free weekly online newsletter, be sure to sign up now at <http://www.Relationshipgold.com>

Although our previous marriages ended, we know that it doesn't have to be that way for you. You can benefit from what we learned about keeping the fire lit and creating lasting love.

In this e-book, we'll share with you 8 ways to find and create the passion and spark in your life and your relationship so you can have the life you've always wanted.

Here are 8 ways of thinking, acting and being that will help you create more passion and spark, as well as lasting love...

Spark Idea #1: Change your idea of "normal"

One of the most important things that we've learned by being together is that having love, connection and spark can be "normal" in our lives and that this is possible for anyone if he or she chooses.

We thought about this idea as we were reading an article with Oprah Winfrey interviewing the soul singer Mary J. Blige.

In this interview, Mary talks about her transformation and how she went from blaming other people for her circumstances and feeling sorry for herself to taking responsibility for every part of her life.

"Normal" for her was carrying around an attitude that hadn't served her mother and certainly didn't serve her. According to the interview, she drank too much to cover her lack of self-confidence and went through life as a victim, holding onto a lot of anger and unforgiveness. All of this pain and rawness came out in the songs she sang.

According to the article, her transformation is reflective in every part of her life, especially in the songs she sings now. She told Oprah that because she is singing more positive kinds of songs she has lost a million fans when she released her "Love and Life" album but gained fans who are asking "How do we get free?"

In our words, Mary has chosen to make love "normal" in her life—just as you can choose to make the passion and spark feelings that you wrote previously normal in your life.



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So, we ask you these questions...

What have you come to see as "normal" in your relationship and that you maybe have settled for, thinking this is as good as it gets?

Here are some examples that you might identify with...

"My partner and I don't spend much time together and when we do, we don't have much to say to each other."

"We used to have fun together but now we are too busy."

"We aren't very kind to one another and get on each other's nerves."

"I don't have anyone in my life right now and it's doesn't look like I ever will have what I want."



If you want to make aliveness and spark normal in your relationship, here is a question to answer to get you thinking about how you can begin doing this:

What's one thing that you are accepting as normal that you no longer want to accept as normal in your life?

Both of us chose to no longer accept an intimate relationship that wasn't close, connected and passionate as normal. We choose in every moment to do the things that help us to keep our relationship alive and growing—that's what's "normal" for us now.

We invite you to consider what you have accepted as normal and decide what you truly want in your life.

Spark Idea #2: Cultivate Your “Spark Starters” and get rid of your “Spark Stoppers”

You may be wondering right now what “spark starters” and “spark stoppers” are.

A spark starter is anything that you or your partner thinks, says or does that increases openness, love, passion and connection in your relationship and your life.

A spark stopper is anything that you or your partner thinks, says or does that decreases or stops openness, love, passion and connection.



Most of us don't take the time to find out what our particular spark starters and spark stoppers are, but what we know is that we all have to stop using the stoppers and start using the starters if we want closer, more connected relationships and happier lives.

Habits that stop or start the spark and connection can be small, seemingly insignificant things.

Spark starters can look like being kind to your partner when you meet each other after work or it can be choosing to spend time with him or her instead of going off to the mall or golf course every weekend.

Spark stoppers can look like interrupting someone consistently when your partner is talking. It can be much bigger things like lying or infidelity. It can even be staying in a job that you hate that robs you of your enthusiasm and zest for life—including your relationship. A spark stopper can simply be keeping yourself so busy that you don't have time to connect with your loved one.

Here's an example of what we mean...

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The two of us learned early on that a spark starter for us is to spend a few minutes to an hour connecting the first thing each morning. This can be talking in bed and more often than not, love making.

For us, a spark stopper is not spending this time together so most mornings unless we're physically apart for some reason, we give ourselves this time.

The point is that you may not have that time in the morning to be together but there are things you can do on a regular basis that you'd consider to be spark starters.

So here's our question to you...

What are your particular spark stoppers? We all have them.

Here are a few suggestions for identifying yours...

💖 Pay attention to your feelings. Look at them as indicators of what's going on inside you that you may need to listen to. Do you get a sinking feeling or agitation when you go to work? When you come home from work? Pay attention and then begin honestly addressing what is nagging at you that you may have been ignoring.

What thoughts need to be shifted? What can you do to ease the stress of your situation? Do you have unhealthy expectations of yourself or of others?

💖 Begin looking at how you spend your time and if you are spending your time the way you want to—in a way that's healthy for you--according to your values and not someone else's rules. There's no more powerful spark stopper than living your life according to someone else's rules.

💖 Pay attention to your thoughts and self-talk. Are you constantly telling yourself negative things about you or your partner? Listen in and pay attention to your self-talk and it can certainly be eye-opening because what we tell ourselves does tend to manifest in our lives.

💖 Look at your patterns and your partner's patterns. Do you run away when things get tough? Do you get defensive and either withdraw or lash out?

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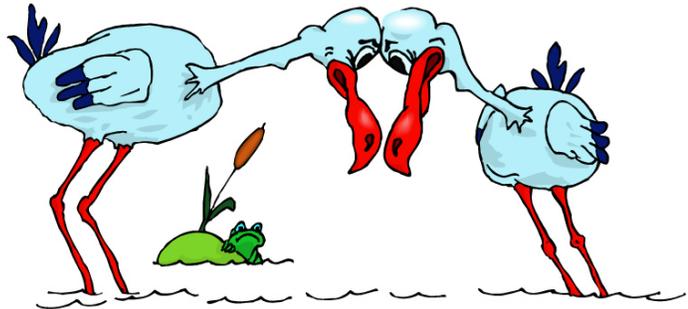
Do you get bossy? Do you get silent? What do the two of you do that creates disconnection instead of connection?



Below, write a spark starter that you would like to start doing...

Our advice is to look at what robs you of spark of all types in your life. Start bringing in more of what brings you passion for your relationship and for living and see how your happiness grows.

Spark Idea #3: It's what happens after you disconnect and lose the spark that makes all the difference...



It was pretty interesting as we looked back on this situation that happened a few years ago.

A friend who we don't see very often got to witness the two of us in a "not so perfect moment." This was a moment when a lot of things were going on around us and we both had some opinions and said some things to each other that needed some healing later on.

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The short version of the story is that we were disconnected from each other in that moment that our friend was there and it showed.

We all disconnect in various ways from one another from time to time and even the closest of couples lose their spark from time to time. It's normal. We feel slighted, not loved, unappreciated or any number of things and these feelings create separations from those we love.

The two of us have discovered that it's what happens after you disconnect and you get into your "relationship dance" or your patterns that makes the difference whether there will be spark and life in your relationship or not in the future.

This has certainly held true both in our own relationship and life and in the lives and relationships of the coaching clients that we work with in person and by telephone.

We'd be willing to bet that from time to time, no matter how good your relationship is, you disconnect from your partner and then the two of you struggle to get back to feeling good or even just feeling like you can get along again—let alone reclaim your passion.

It's what happens after the disagreement or disconnection that will determine whether the relationship grows or dies.

Here are some tips on what to do and how to come back together after a disagreement that we used after our disconnection and we offer them to you to try so that your relationships keep growing in healthy ways:

- 💖 When the disagreement or disconnection happens, stop yourself from responding in old, harmful ways that have done nothing but keep the two of you apart. Instead, take a few deep breaths. If you do respond in old harmful ways, take a moment to recognize that you have done so.
- 💖 Let go of clinging to the idea of being right. Everyone sees things differently and looks out at life through different lenses. Chances are, the person you had the disagreement with thinks he/she is just as "right" as you are. So don't cling to your "rightness" and possibly lose the relationship.

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- ♥ After you have yourself under control, listen to the person with an open heart and open mind. Hard to do sometimes but absolutely necessary if you are going to keep your relationship healthy and filled with spark.
- ♥ Take responsibility for your part in this disagreement—even if it's just to tell the other person that you can understand how they may feel the way they do. Tell how you were feeling and any circumstances that the other person might not know about that may have precipitated the disagreement.
- ♥ Be open to exploring how you both can repair your relationship and make it better. If you come to this discussion with a strong desire to come back together and a sense of possibility, some ideas will emerge that will help your reconnection.



Here's another question for you to answer...

What's one thing you can do differently after you become disconnected from your partner that will be a spark starter?

Spark Idea #4: Have the Courage to Change

Sometimes all it takes to create the spark in your life or relationships that you really want is one simple change.



Sometimes the changes that are required are small and subtle and some times much bigger.

What we've discovered is that if you want to do anything in life or have anything or be anything that you don't have as part of your experience right now, you must change.

What this means is this--don't look outside of yourself for other things and other people to change. Change must begin with you first.

It's easy and tempting to point the finger at your partner and say something like this: "It's his (or her) fault there's no spark" or "If she (or he) only would do this, there'd be plenty of spark between us."

But we say that change starts with you.

That's not to say that your partner has little or no part in the passion and connection fading in your relationship. It's simply taking the blame out of your situation and picking a starting point to make the changes you want.

And the easiest place to start is with you.

You might want more love, more passion, more trust, more connection, more fun or better communication. Whatever it is that you want, something must change in order for you to have it.

In order for change to happen, you have to use leverage on yourself.

Archimedes said, "Give me a lever long enough and a fulcrum on which to place it and I shall move the world."

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Webster says a lever is "a bar used for prying or dislodging something; a means for achieving one's purpose." A fulcrum is defined as "the support on which the lever turns."

We all stay stuck until we discover or become aware of the lever and fulcrum that will work, as well as the motivation to use them.

Here's a great example from Otto's life of this idea in action...

By Otto's own admission, he's not Mr. Fix-it and neither is Susie. So, we've been hiring out large and small jobs around the house that need to be done. Several years ago, Otto decided that he wanted to do some of the small fix-it jobs that didn't require special expertise but he had the fear that he couldn't and that he would mess them up if he tried.

Otto has a long-time friend who is a "Mr. Fix-it" and so he asked this friend for advice. This friend told him to just do it and if he messes it up, he messes it up. Armed with this advice and a few borrowed tools, Otto gathered the confidence to successfully complete a few handy-man chores around the house.

So what happened?

Otto's "lever" was his friend's advice to just try it. His "fulcrum" was the support of his friend and Susie as he attempted these jobs. Underneath all of this was his motivation to change. He no longer wanted to rely on other people to do small repairs around the house and live with the excuse that just because his father couldn't do these things, he couldn't either.

What does all this have to do with creating a passionate spark and lasting love?

Everything.

Just like anything that we want to change or improve in our relationships-- before any of these odd jobs around the house could be done by Otto, he had to change.

What he changed were his thoughts, attitudes and beliefs about his abilities and he also asked for the help and support he needed to complete these

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small jobs. Now (if he chooses) he can begin to think about bigger and more complicated jobs and projects that need to be done around the house.

Remember that things do not change. We change.

When we take a stand for what we're willing to do or have in our lives, more often than not that is what we create—whatever we're committed to having.

If you want to make some changes for the better in your relationship or life, here are some simple tips for making changes:

- 💖 You have to have the motivation to change and you have to believe you can do it. You also have to believe that you deserve what the change could bring you.
- 💖 You have to watch the stories you tell yourself about the change you want to make and not allow them to sabotage your efforts.
- 💖 Discern whether the voice in your mind is from your fears or for your higher good. Bring yourself into the present moment when a fear or limitation comes up and discover whether this fear is actually true or not—right here, right now.
- 💖 Find your reason(s) that you want to change. Keep those in mind as you shift your thinking to what you want instead of what you don't want.
- 💖 Be open and willing to change and to allow something new in your life. We often get comfortable and fear change, although there may be a feeling inside that is telling us that we want something better.

A change might be to simply start looking at your partner when he or she talks to you—or to take 15 minutes and just sit down together every day. A change might be to start making your relationship a priority in your life instead of making excuses (however valid) that other things “just get in the way.”

If you want your life or relationship to change, you can't wait around and rest on excuses or blame your partner.

Take the initiative and make a change in yourself.



To help you move forward in creating what you want, we invite you to consider this and answer a quick question about closeness and spark...

Before you can change anything in the physical world, you have to change your thoughts, beliefs and attitudes that will allow you to create it--and you have to allow the lever and fulcrum to show up in your life.

What's one change you are willing to make to create more closeness and spark between the two of you?

Spark Idea #5: The greatest gift you can give yourself, your partner and your relationship... is your attention and understanding...



Have you ever found yourself ignoring your partner?

Have you ever found yourself talking to your partner and notice that you aren't listening to him or her because you are thinking about what you want to say and your agenda?

You might even find yourself feeling triggered or getting impatient by what your partner is saying.

These are things that most of us do from time to time—and they are deadly if you want to keep the spark alive in your relationship. They are also habits that you can break.

They are deadly because you are showing that your partner's thoughts and ideas aren't worth listening to—and that he or she isn't important to you.

Even if that's not your intention, that's what's conveyed when you become defensive immediately and contradict what your partner says and are only interested in your agenda—or you're simply ignoring him or her.

Listening to understand means focusing on your partner and listening to what he or she is saying, not on what you are going to say next. It means opening your heart to understand the other person's experience even if you might not agree with it.

We've found that listening to understand and to connect creates safety and trust in any relationship—which has to be there if the spark lasts between two people.

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We all want to feel important and nothing says that better than being listened to and feeling understood.

But what if you don't get listened to and understood in return?

It is your responsibility to help your partner listen to you and to also listen to him or her. It might be that you need to ask from your heart for his or her attention—without that particular “tone” in your voice.

If there are distractions that are hindering either listening to you or you listening to him or her, take a moment and ask the person to help you find a quiet spot to talk.

Set up the situation so that you both can be successful. Ask for your partner's help. You don't have any control over how the other person reacts or listens, but it is your responsibility to help him or her understand you. If you can't listen fully at that moment, then tell your partner when you can.

If you want to create a connection between the two of you, learn to listen to understand and with an open heart.

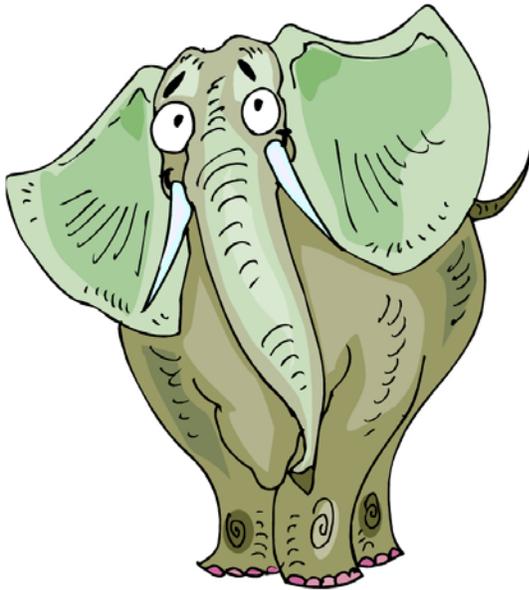
Minimizing distractions when the two of you are talking and taking the time to listen—without offering negative comments or trying to “fix” it for him or her goes a long way to creating the kind of relationship that we all long for.



We invite you to answer this question...

What's one way the two of you can start giving each other the attention and understanding that will keep your spark going and growing?

Spark Idea #6: Take care of the elephants



It was almost 25 years ago that Regina suddenly decided to end her relationship with her lover.

It wasn't until a recent Breakthrough Coaching session with us that she realized that she had been carrying the guilt and pain of that broken relationship into every corner of her life, including her marriage.

Why?

Because Regina didn't have closure with her old boyfriend, she has guarded her heart since then and has sabotaged all of her intimate relationships.

While some people like Regina are unaware of the completions that they need to make, many have an awareness of things that have been left unsaid that needed to be said or things that needed to be done that weren't done.

These things are what we'll call "incompletions" and these incompletions can hold us back from having the spark that we want.

Incompletions can be a number of different things, such as unsaid words, broken promises, unkind acts or even something like not forgiving someone who has asked for forgiveness.

They are often the proverbial "elephant" in the living room that the two of you may be walking around every day.

There can be emotional attachments to a previous partner, even if there was a lot of pain connected with that relationship.

What we sometimes don't realize is that these incompletions keep us from what we want in our lives and our relationships because we're holding on to our negative thoughts, a yearning for what could have been, or even holding

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on to being “right”—which are usually all anchored in the past. These negative thoughts usually keep us from imagining and intending what is truly possible and what we want in our lives.

Completions happen when we do or say something that makes us (or someone else) feel “complete” about one or more situations where we may have been stuck.

If you need to make a completion about anyone or anything in your life, it can be a breakthrough moment, as well as relief, for you and for the other person as well when you do.

A completion may need to be made with a previous partner which might be in the form of setting limits or a boundary.

It might also be something as simple as looking at your current partner with “new eyes,” giving yourself permission to stop thinking of your partner in negative, old ways and being more appreciative of him or her.

Completions aren’t always dramatic but they always free up energy for something more wonderful and powerful to come into our lives.

Recently, we saw an interview with a couple who had been married 40 years. When asked how they kept their spark, they said that they never go to bed mad at each other. That’s a great example of a completion—of not allowing resentments to build—of saying unsaid words that may be getting in the way of a great connection with a partner—of trying to help your partner understand you.

We all have ways that we can make completions in our lives that will free up energy so that we can have more love, connection and passion.

Here are some ideas that you can use to make your completions...

- 💖 Have a long-neglected conversation with your partner, either in person or with a likeness. You can write it out and burn it or actually give the letter or speak the words to him or her.
- 💖 If you need to forgive yourself or your partner, take steps toward doing so. Remember that forgiveness is always a step toward your physical

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and emotional health and does not mean that you condone what you or the other person did in the past. When you begin to realize what you learned from that situation, you can begin to appreciate it and to forgive.

- 🍷 Let go of constant reminders and thoughts that keep you tied to the past. Stop your thoughts about what happened in the past, if it's not happening right now, by remembering what's good about your present relationship.

The sad truth is that unfortunately, problems and misunderstandings that have happened in the past can put a wedge between two people and usually do not go away by themselves. It takes talking and listening to one another to clear up most misunderstandings and of course, a desire for regaining spark and connection.

It may be common sense but the way to more connection, love and spark in your relationship is to take care of whatever has come up between the two— if it's the big (or even the small) elephant that the two of you have been walking around. While it's not always easy or painless, you really can't create and keep spark between you if these things aren't resolved.

"Taking care it" might mean asking for clarification about something that you thought your partner said or did. It might mean trying to understand the motivation behind why your partner said or did something. It might also mean questioning thoughts for their truth before you ask or say something.

The bottom line is that it means stopping resentment in its tracks. It means tackling a difficult situation before it gets really big. If you do, you might even find that it isn't as difficult as you once thought.



Here's a question for you...

What "elephant," resentment or incompleteness is hanging in the air between the two of you that is keeping you from what you want?

Spark Idea #7: Go on a “No Blame” Diet

If you don't have the kind of close, connected, passionate relationship that you want, whose “fault” is it? This is not a trick question. Since there are two people in a relationship, both people are responsible for creating it the way it is—and that idea is certainly different from assigning “blame” to either or both people.

If you buy into this idea, you can begin today to go on a “no blame” diet and start doing something to change it.

Here's the problem with blaming and judging in a relationship—it always pushes the two of you apart.

If you find yourself holding on to resentments, anger, blame or judgment, ask yourself these questions...

“What is it I'm unwilling to do in order to create the kind of relationship that I really want?”

Is it that you are unwilling to let go of pain? Are you unwilling to calmly say what you need to say? Are you unwilling to let go of your own insecurities? Are you unwilling to let go of being right?

It takes a lot of energy to keep up blaming and judging thoughts and actions. How much energy are you spending on negative thoughts and actions?

Now imagine how you would feel if you just simply cut the amount of time and energy in half that you spend blaming and judging others.

A “no blame” diet can seem impossible to do but when you look at the alternative, it's worth trying, even for one day—or for one hour.



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The truth is that you can spend the same amount of energy that blaming takes to draw the two of you closer together by being supportive, showing gratitude and offering respect and listening. And if you do, you'll be more likely to get those things in return.

Try it. A "no blame" diet can become a habit!



Here's an activity for you...

Come into awareness about how much time you blame, judge, and hold on to being right—even in your thoughts. Be honest with yourself. If you want a relationship filled with spark, make a choice to make some positive changes by stopping those destructive patterns.

Write down one change you'd like to make to change this destructive habit...

Spark Idea #8: Do the little things

It's often been said that it's the little things in life that make all the difference. Nowhere is this truer than when it comes to keeping your relationship alive, passionate, growing and filled with spark.

Anybody can buy a diamond ring or take his or her partner on an exotic trip but the real magic for a long-term, relationship that's filled with spark is what happens when you continuously do the little things like remembering to take the garbage out when you say you will.



It's remembering such things as a favorite color or what you like or don't like and all the other little kindnesses and gestures that can make all the difference.

So what are these little things and why are they so important?

We all know that we "should" make a phone call when we're going to be late but how many of us actually do it?

It's the things that you said you will do but don't get around to doing that slowly kills passion. It's the things that show the people in your life that you love them that creates aliveness. It's showing respect when you take the time to phone if you're going to be late or whatever your agreements are.

One of the "little things" that creates passion and spark for a woman we know is that her husband puts the kids to bed each night.

One of the "little things" for a man we know is that his wife kisses him, really kisses him, before they both leave for work and they email and text message occasionally during the day.

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It's the everyday little things that say (or don't say) how much we love someone. We might have great intentions to follow through on helping out around the house, helping with the kids, kissing our partner or bringing a present just to say "I love you"—but we don't do them because we're too tired, too busy, self-absorbed in what's happening at work, with the kids or with a favorite sports team to actually DO those things.



Try this activity...

Take some time and make a list of the little ways you can show your love to your partner. Also make a list of the little ways you would like to be loved. Now share those lists and actually do the things on those lists. Enjoy!!!

We hope that you have enjoyed this e-book and we invite you to stay in touch with us and get more great spark and passion creating tips by reading our weekly newsletters.

Our best to you,

Susie and Otto Collins

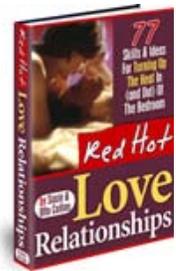
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Susie and Otto Collins' Relationship and Personal Growth Books, Audios and Courses

Red Hot Love Relationships

Whether you're 18, 80 or anywhere in between...here's how you can discover the secrets to creating a relationship filled with as much love, passion, intimacy, connection and incredible lovemaking as you want! <http://www.RedHotLoveRelationships.com>



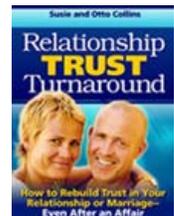
No More Jealousy

A complete course on overcoming jealousy which includes a 152 page book and 6 audios. For more information about this course, available in downloadable and shippable versions, go to... <http://www.NoMoreJealousy.com/>



Relationship Trust Turnaround

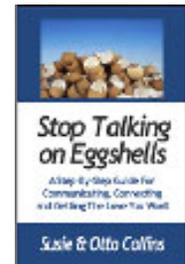
If trust is an issue for you or your partner, here's how to rebuild trust in your relationship or marriage, even after an affair or infidelity. <http://www.RelationshipTrustTurnaround.com>



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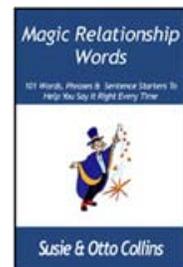
Stop Talking on Eggshells

You'll learn how to talk with your partner (or anyone) without fear in this new step by step guide for communicating, connecting and getting the love you want. Visit <http://www.stoptalkingoneggshells.com>



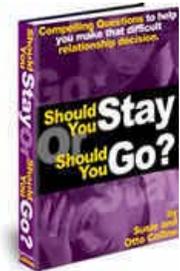
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Over 100 magic words, phrases and sentence-starters to make sure you say it right every time to your partner, spouse or lover. Visit <http://www.MagicRelationshipWords.com>



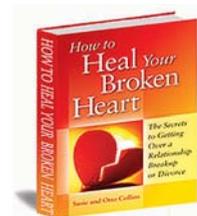
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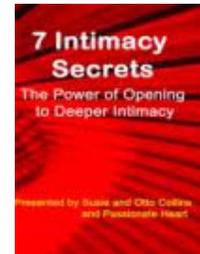
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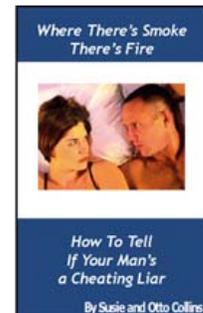
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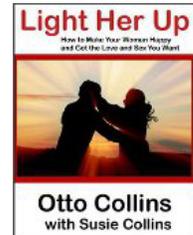
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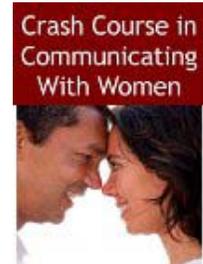
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