

ROMANCE,
RELATIONSHIPS
AND WHY IT'S
**BETTER TO
RECEIVE
THAN IT IS
TO GIVE**

Life coach Fléchelle Morin answers your questions. This month: How to restore balance in your relationship by embracing the natural laws of giving and receiving.

BY FLÉCHELLE MORIN



Q. My boyfriend and I have been together for two and a half years. Since we both still have children living at home, we've decided not to get married or live together until both of our nests are empty. Despite the fact we live apart, we share our lives on every level. But during the last few months, I have noticed my boyfriend becoming more and more distant. I have tried everything I can think of to 'jolt' him out of his funk, including going out of my way to do special things for him. But whether it's cooking him a romantic dinner or picking up his clothes from the dry cleaners, he doesn't seem to appreciate it. In fact, he can't seem to get away from me fast enough! I asked him if he still loves me and he says he does, but it's hard for me to believe him when he treats me this way. How do I get back the man I fell in love with...and who loved me back?

A. It's a dilemma as old as love itself: Boy meets girl. Boy falls in love with girl. Boy and girl get into a relationship....Boy changes.

During the early stages of courtship, it's common for a man to take charge of the

relationship. The masculine energy, by nature, is giving, protective and cherishing; men like to give. So the man will think of fun things to do on dates, planning in advance to get theater tickets or make dinner reservations. In contrast, the feminine energy is receptive, available and respecting; women like to receive. Most women feel pampered and cherished by a prospective mate during this 'honeymoon' period—always looking good, smelling good and being respectful as a way to signal her appreciation for his offerings.

Now, let's fast forward a year later....The man has chased, competed and conquered

and has (seemingly) nothing more to do. He has settled into his habits and, since he no longer has to 'fight to win the girl,' he relaxes, thinking all is well. But the woman still wants romance! She wants to feel pampered and cherished like she did in the beginning of their relationship. And so, because of her interpretation of what seems like the man's inaction (though he could give her a list of all the things he does for her like fixing her car, getting her a new washer, etc.), she starts doing things for him in order to get his attention.

I am a strong believer that whenever our relationships go amiss, the best way to find

Step back and let nature take its course!

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our way back is to look to nature. When it comes to the natural laws of giving and receiving, men are 'wired' to give; and women are 'wired' to receive. This is what nature intended in order for the male and female energy to flow freely between a man and woman. Go to any hardware store and ask for the male component of an electrical outlet and it will always have prongs; ask for the female component and it will always have sockets. By nature, masculine energy is penetrative and feminine energy is receptive. Every time a man gives to a woman, he 'penetrates' her energy field. But, when a woman gives too much to a man (a masculine action), versus receiving (a feminine response), her penetrative energy repels him. He feels smothered and manipulated. And it doesn't take long before he goes looking for the door.

In order to restore the natural flow of masculine and feminine energy in your relationship, you need to practice *giving back* to your boyfriend as opposed to giving. For example, if he takes you out on a couple of dinners dates, bake him some brownies to take home in return. If he plans a romantic weekend getaway for your birthday, show your appreciation by getting him a Momo stick shift for his sports car. Or, if he decides to surprise you with a car for Christmas, knit him a sweater... or two...or three! You get my point. Be sure to give back to your man in *smaller* proportion to what he has given you (do not top him!), making your giving back a gesture of *returned* generosity rather than a penetrative (masculine) one.

According to renowned psychotherapist Dr. Pat Allen, "men fall in love when they give; women fall in love when they receive." So let your man give to you and then give back to him with your presence, appreciation and respect. You'll be amazed at how much he can't get enough of you!



Fléchelle Morin, Certified ASR Coach, Dating to Marriage Coach & Motivational Speaker, is the author of the book, "Kissing or No Kissing; Whom Will you Save Your Kisses For? A Dating Guide to Creating Your Dreams."

Have a question or comment for Fléchelle? E-mail her at flechette@nokissing.com or visit nokissing.com for more information about Fléchelle's book, dating philosophy or scheduling her as a speaker at your next event.

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